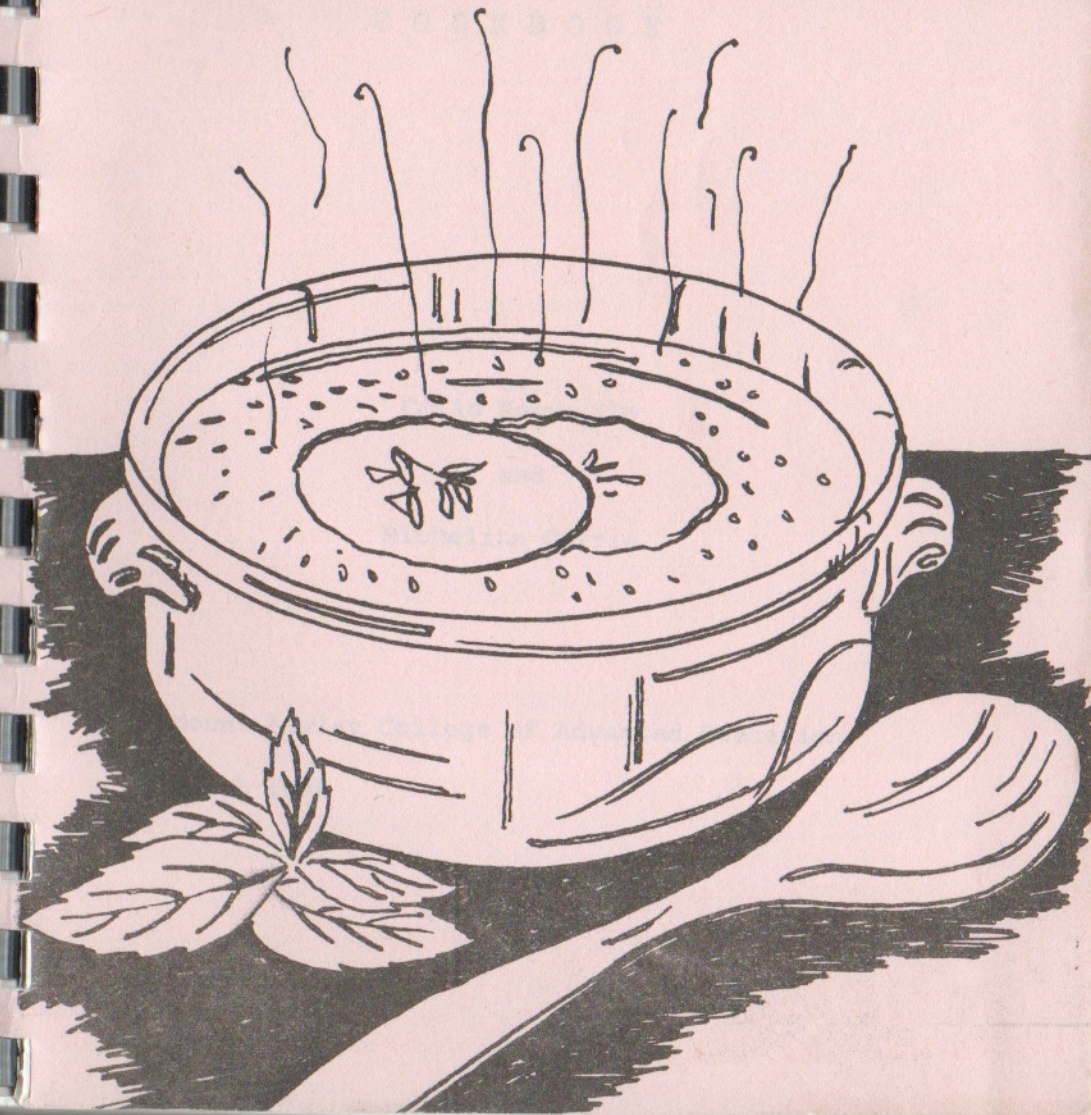


# PRIMAFEST COOKBOOK





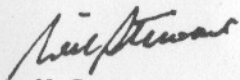
## F O R E W O R D

It is fitting that the Primafest Cookbook should be published in the College's tenth year and in the year that Primafest first caters for overseas schoolchildren.

Because books on cooking sell so well in Australia, the Primafest Committee decided that the sale of a recipe book would be a good way of raising funds to fly schoolchildren from outlying parts of the State and from Bali to the 1980 Primafest.

The Committee asked Colin Kenworthy and Michelina Currie, whose interest in growing, cooking and eating food is well known to both staff and students, to prepare a book which would represent the cultural diversity of the College. The editors have spent several months collecting recipes from staff, internal and external students, participants in in-service and migrant education classes and from members of the Mount Lawley Community.

Though not a cook, I recognise the value of this book as an image of an intercultural society, as a source book of ideas for beginners and as an inspiration to experienced cooks. I believe it will give much pleasure to those who share its contents whether by reading or cooking. I therefore heartily recommend the Primafest Cookbook.



N Stewart  
Director

Mount Lawley College of Advanced Education  
14 October 1980

We may live without poetry, music, and art;  
We may live without conscience and live  
without heart;  
We may live without friends, we may live  
without books,  
But civilized man cannot live without cooks.

OWEN MEREDITH, *Lucile*. Pt. i, canto 2, st. 19.



## I N T R O D U C T I O N

Talleyrand said there are two things essential in life: to give good dinners and to keep on fair terms with women. One of the best ways of keeping on fair terms with one's fellows and family is to give them good dinners. We hope this book will contribute to the health and conviviality of those who use it.

Most of the dishes are designed to be prepared with a minimum of fuss and a maximum of respect for the food and for those who will eat it. There are of course some complicated recipes like Crepes Suzette and Black Forest cream cake, but for the most part, recipes are simple and inexpensive. The recipes pay attention not only to the flavour of the food but also to texture, colour, and above all to its nutritional value.

Everywhere in the book, fresh food is emphasised. We are fortunate to live in a climate where fresh ingredients are available all the year round. So, in many places, the Cookbook suggests foods appropriate for particular seasons. Sweet potato pie, satsuma plum cake, ratatouille, stuffed peperoni and a host of other dishes are associated with particular times of the year and thereby with the natural rhythm of the seasons.

Just as the West Australian climate has determined to some extent what ingredients go into the dishes in the Cookbook, so the Australian lifestyle has determined what recipes transfer easily from other cultural traditions. The Australian tendency to simplify life and cooking is evident in this book. Dishes which in a French or Italian setting would be regarded as an entree or a pasta course, become in the Australian situation a complete meal.

## TEMPERATURE CONVERSION

There is a special "quickies" section in the Cookbook for busy people. Recipes in this section can all be prepared in fifteen or twenty minutes. Only here have pre-processed foods been listed in the ingredients, but the ingenuity of the recipes is such that food from tins and fast food shops is transformed into dishes that are both attractive and appetising.

We hope that those who use this book will get as much pleasure out of it as we have got in assembling it, because we believe with Brillat-Savarin, 'that the discovery of a new dish does more for the happiness of man than the discovery of a new star'.

Michelina Currie  
Colin Kenworthy



## ACKNOWLEDGEMENTS

For their assistance in the preparation of this book the editors wish to acknowledge the work of the following: Tony Jones for front cover and section illustrations; Peter Dickson for layout and design; Verna Jones for typesetting and patience; Santina Stranzki for recipes from her new book to be published in 1981 and to all who released their culinary secrets and favours.

## TEMPERATURE CONVERSION

°F	°C	°F	°C	°F	°C
140	60	300	150	450	230
175	80	325	160	475	250
200	100	350	180	500	260
225	110	375	190	525	270
250	120	400	200	550	290
275	140	425	220		

## CONVERSION OF MASSES

	½ oz is replaced by	15 grams
	1 oz "	30 grams
	2 oz "	60 grams
	3 oz "	90 grams
	4 oz (¼ lb)	125 grams
	5 oz "	155 grams
	6 oz "	185 grams
	7 oz "	220 grams
	8 oz (½ lb)	250 grams
	9 oz "	280 grams
	10 oz "	315 grams
	11 oz "	345 grams
	12 oz (¾ lb)	375 grams
	13 oz "	410 grams
	14 oz "	440 grams
	15 oz "	470 grams
	16 oz (1 lb)	500 grams (0.5 kg)
	24 oz (1½ lb)	750 grams
	32 oz (2 lb)	1000 grams (1 kg)
	3 lb "	1500 grams (1.5 kg)
	4 lb "	2000 grams (2 kg)



°C to °F

0	32
10	50
20	68
30	86
40	104
50	122
60	140
70	158
80	176
90	194
100	212
110	230
120	248
130	266
140	284
150	302
160	320
170	338
180	356
190	374
200	392

1/2 oz is replaced by

15 grams	1/2 oz
30 grams	1 oz
60 grams	2 oz
90 grams	3 oz
120 grams	4 oz (1/2 lb)
150 grams	5 oz
180 grams	6 oz
210 grams	7 oz
240 grams	8 oz (1/2 lb)
270 grams	9 oz
300 grams	10 oz
330 grams	11 oz
360 grams	12 oz (3/4 lb)
390 grams	13 oz
420 grams	14 oz
450 grams	15 oz (1 lb)
480 grams	16 oz (1 1/4 lb)
510 grams	17 oz (1 1/2 lb)
540 grams	18 oz (1 1/4 lb)
570 grams	19 oz (1 1/2 lb)
600 grams	20 oz (1 1/4 lb)
630 grams	21 oz (1 1/2 lb)
660 grams	22 oz (1 1/4 lb)
690 grams	23 oz (1 1/2 lb)
720 grams	24 oz (1 1/4 lb)
750 grams	25 oz (1 1/2 lb)
780 grams	26 oz (1 1/4 lb)
810 grams	27 oz (1 1/2 lb)
840 grams	28 oz (1 1/4 lb)
870 grams	29 oz (1 1/2 lb)
900 grams	30 oz (1 1/4 lb)
930 grams	31 oz (1 1/2 lb)
960 grams	32 oz (1 1/4 lb)
990 grams	33 oz (1 1/2 lb)
1020 grams	34 oz (1 1/4 lb)
1050 grams	35 oz (1 1/2 lb)
1080 grams	36 oz (1 1/4 lb)
1110 grams	37 oz (1 1/2 lb)
1140 grams	38 oz (1 1/4 lb)
1170 grams	39 oz (1 1/2 lb)
1200 grams	40 oz (1 lb)

C O N T E N T S

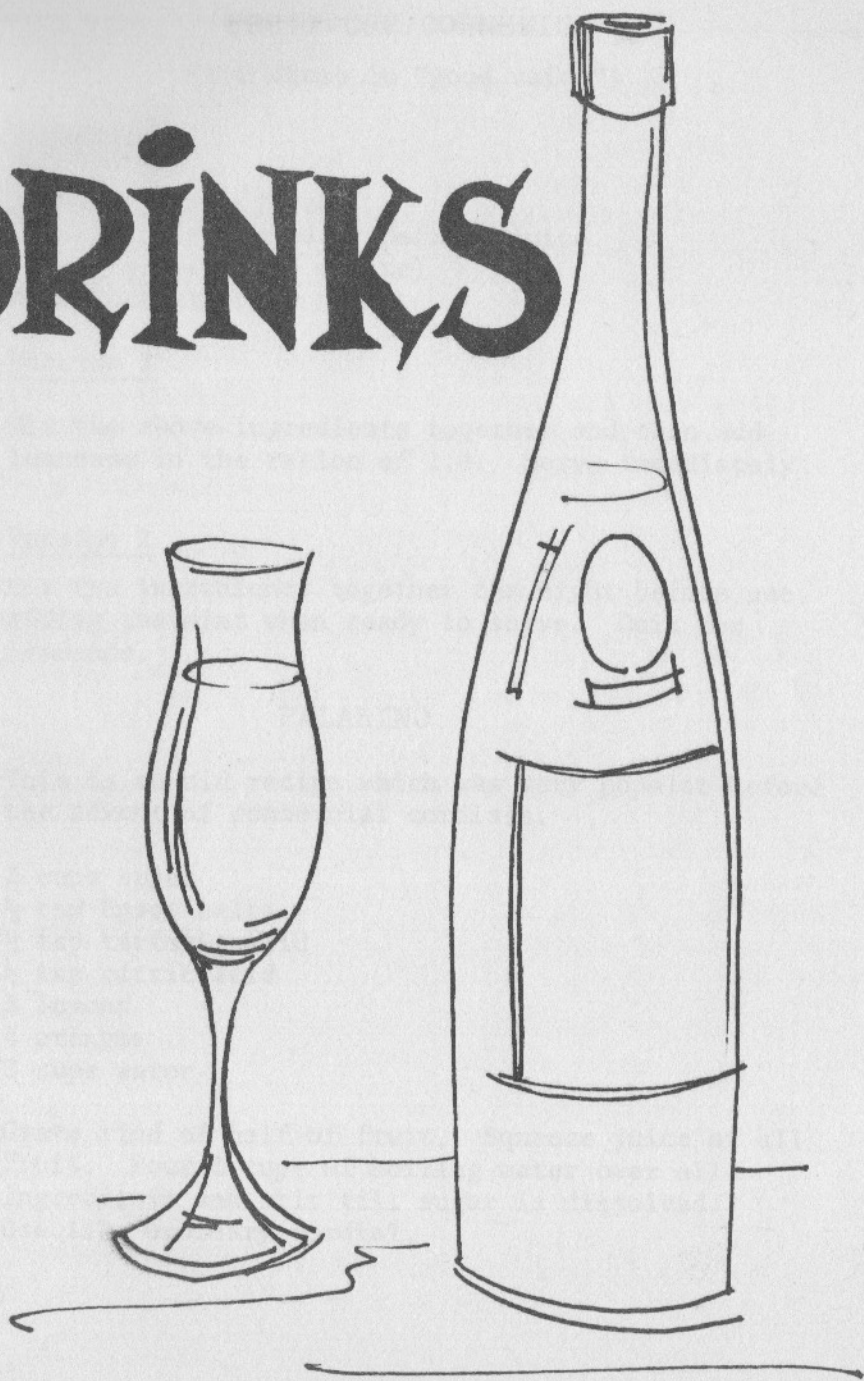
Drinks .....	1
Soups .....	7
Fish .....	15
Poultry .....	23
Pork and Lamb .....	31
Veal and Beef .....	39
Curries .....	53
Pasta .....	61
Vegetables .....	73
Salads .....	85
Sweets .....	97
Cakes and Biscuits .....	113
Bread .....	135
Quickies .....	145
Pickles and Preserves .....	155



CONTENTS

1 ..... Drinks .....  
7 ..... Soups .....  
15 ..... Fish .....  
23 ..... Poultry .....  
31 ..... Pork and Lamb .....  
39 ..... Veal and Beef .....  
47 ..... Cakes .....  
55 ..... Pasta .....  
63 ..... Vegetables .....  
71 ..... Salads .....  
79 ..... Sweets .....  
87 ..... Cakes and Biscuits .....  
95 ..... Bread .....  
103 ..... Quiches .....  
111 ..... Pickles and Preserves .....

# DRINKS



## FRUIT CUP CORNELIUS

(For those in "good voice")

Ingredients

4 parts orange juice  
 4 parts unsweetened grapefruit juice  
 1 part grape juice (white)  
 chopped mint

Version 1

Mix the above ingredients together and then add lemonade in the ration of 1:4. Serve immediately

Version 2

Mix the ingredients together the night before use adding the mint when ready to serve. Omit the lemonade.

## PALARINO

This is an old recipe which was very popular before the advent of commercial cordials.

3 cups sugar  
 $\frac{1}{2}$  tsp Epsom salts  
 $\frac{1}{2}$  tsp tartaric acid  
 $\frac{1}{2}$  tsp citric acid  
 3 lemons  
 4 oranges  
 3 cups water

Grate rind of half of fruit. Squeeze juice of all fruit. Pour 3 cups of boiling water over all ingredients and stir till sugar is dissolved. Use like ordinary cordial.



## SMOOTHIES

A great variety of drinks can be made with pulpy fruits. Strawberries, raspberries, blackberries or bananas can be mixed with milk and blended to make a thick shake. Sugar or honey can be used for sweetening. Eggs or malted milk powder can be added for extra protein.

## GLUWEIN

This is a good starter for a party on a cold winter night.

1 flagon of claret	1 inch of cinnamon stick
1 pint of water	6 cloves
juice & rind of 1 lemon and 2 oranges	pinch of nutmeg
$\frac{1}{2}$ cup brandy or liqueur	$\frac{1}{2}$ to 1 cup of sugar

Warm claret, water, sugar, spices, peel and juice of oranges and lemons. Simmer for 15 minutes. Add spirits and serve.

## CHAMPAGNE SORBET

Dob a lump of sorbet in a cup of cheap champagne. Stand clear. It is advisable to wear a bib when drinking. If you don't like this as a drink, stick it in the fridge and serve the next day as a sweet.

## AVALON PUNCH

1 flagon of moselle or riesling  
250 ml Stones green ginger wine  
250 ml sweet or dry vermouth  
500 mls orange juice or more to taste  
1 bottle lemonade  
1 bottle dry ginger ale  
1 cup brandy  
1 large tin tropical fruit salad  
1 cup vodka  
sprig of mint or cucumber to taste.

Mix fruit salad and vodka and let stand overnight. Add all other ingredients and ice just before serving.

## AMETHYST NECTAR

This is a good drink to serve if the Bishop makes a pastoral visit.

2 cups orange juice	1 cup sugar
2 cups apricot nectar	1 bottle lemonade
2 cups pineapple juice	1 bottle ginger ale
2 cups grape juice	6 passionfruit
2 cups blackcurrant syrup	Several sprigs of mint
Ice	

Heat blackcurrant syrup, sugar and mint until all sugar is dissolved.

When cool mix this syrup with orange juice, apricot nectar, pineapple juice and grape juice. Add pulp of passionfruit.

Before serving, mix together in punch bowl with lemonade ginger ale and ice.

Add a few sprigs of fresh mint. Serves 12-15.

## LEMON DRINK FOR COLDS

Often the most curative part of the lemon is thrown away. Boiling water poured on the lemon rinds releases the natural oils.

1 large or 2 small lemons  
2 tps honey  
boiling water

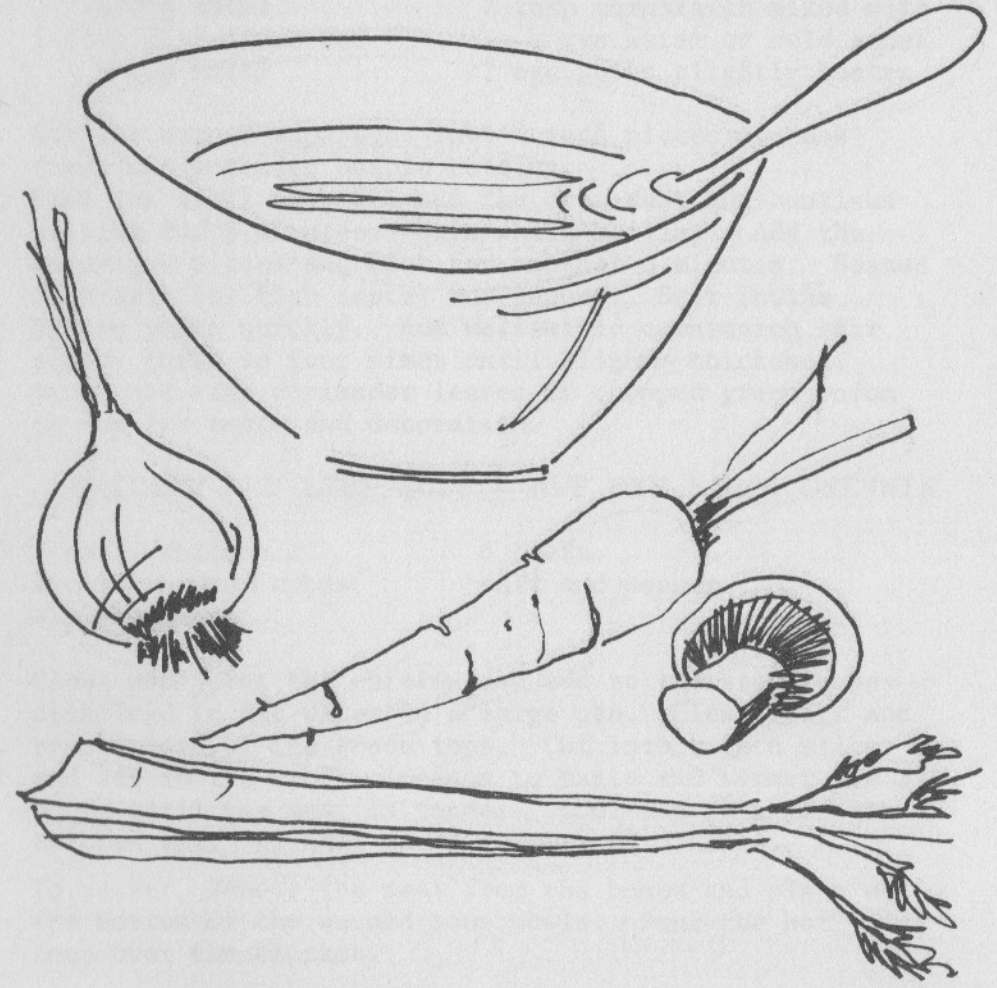
Remove rind from lemon, with a grater or potato peeler.

Place rind and honey in a warmed cup. Pour on boiling water. Stir till honey dissolves.

Add lemon juice. Drink quickly and jump into bed.

It works wonders!

# SOUPS





## CRAB AND ASPARAGUS SOUP

This Vietnamese soup is easy to make with local ingredients except for the optional coriander leaves.

4 cups chicken stock	$\frac{1}{2}$ cup crab meat, canned, frozen or fresh
1 kg fresh and tender asparagus (or 2 asparagus cans, 500 g each)	12 fresh coriander leaves green onion, chopped
1 tbsp fish sauce (or $\frac{1}{4}$ tsp salt)	2 tbsp cornstarch mixed with $\frac{1}{2}$ cup water or cold stock
	2 egg yolks slightly beaten

Cut the canned asparagus into 1 inch pieces or cook fresh until tender before cutting. Heat the stock to boil, add the crab meat and continue boiling for 3 minutes. Skim while boiling. Add the asparagus pieces and cook for another 3 minutes. Season with salt (or fish sauce) and pepper. Stir in the beaten yolks quickly. Add well-mixed cornstarch stir slowly three to four times until slightly thickened. Serve hot with coriander leaves or chopped green onion on top for taste and decoration.

## CHICKEN AND LEEK SOUP - SWP CYW LAR A CHENNIN

1 small chicken	6 leeks
2 chicken stock cubes	salt and pepper
4 pints water	

Clean and joint the chicken and add to the stock cubes dissolved in the water in a large pan. Clean leeks and remove some of the green tops. Cut into  $\frac{1}{2}$  inch slices and add to the stock. Season to taste and simmer for 3 hours until the meat is tender. Cool and skim off the chicken fat. Re-heat for a further 30 minutes.

To serve: Remove the meat from the bones and place at the bottom of the warmed soup bowls. Pour the hot soup over the chicken.

## CHICKEN TINOLA (Philippines)

1 whole chicken	8 cups water
2 tbsp oil	2 carrots sliced
4 cloves garlic, crushed	2 tsp salt
1 small piece ginger, crushed	$\frac{1}{2}$ tsp Monosodium glutamate
1 onion, quartered	$\frac{1}{4}$ tsp white pepper
2 tbsp fermented fish sauce (obtainable in Asian grocery store)	1 small cabbage, sliced

Cut chicken into serving pieces. Heat oil in a saucepan and sauté garlic, ginger, and onion. Add chicken and fish sauce. Cover pan and simmer for 5 minutes. Add water and bring to boil. Lower heat and boil slowly until chicken is almost tender. Add carrots, salt, monosodium glutamate and white pepper. Continue boiling until chicken and carrots are tender. Add cabbage and cook for a few seconds. Remove from fire and serve hot.

HOT GARLIC SOUP (Ajo caliente)  
(Spain)

4 tbsp olive oil	4 cups beef broth
4 whole cloves garlic	$\frac{1}{4}$ tsp hot red chilli powder
4 thin slices firm textured bread, crusts removed	$\frac{1}{4}$ tsp salt

Heat the oil in a saucepan. Add the cloves of garlic and cook until garlic is lightly browned. Discard the garlic. Fry the bread in the same oil until lightly browned. In the meantime heat the broth to boiling point.

Season with hot pepper and salt. Add the broth to the bread and oil.

Simmer for 20 minutes

## FENNEL SOUP

3 oz butter
8 oz diced potato
4 oz chopped onion
2 pts chicken stock
handful of fennel leaves
cream or butter to finish

Melt the butter in heavy saucepan and cook the potato and onion for about 10 minutes without browning. Add stock and fennel leaves. Simmer until tender. Blend or liquidise. Reheat and just before serving add salt and pepper plus a knob of butter or 2 tbsp cream.

## HIDEG MEGGYLEVES

Cold sour cherry soup is a Hungarian specialty.

1 pint cold water	1 tbsp arrowroot
$\frac{1}{2}$ lb castor sugar	3 tbsp cream, chilled
1 cinnamon stick	5 oz dry red wine, chilled
1 lb stoned sour cherries or drained tinned sour cherries	

In a 3-pint saucepan, combine the water, sugar and cinnamon stick. Bring to a boil and add the cherries. Cover and simmer over a low heat for 35 to 40 minutes if the cherries are fresh or for 10 minutes if they are tinned. Remove the cinnamon stick. Granny smith apples can be used instead of cherries.

Mix the arrowroot and 2 tbsp of cold water into a paste then beat into the cherry soup. Stirring constantly, bring the soup almost to a boil. Reduce the heat and simmer for about 2 minutes, or until clear and slightly thickened. Pour into a shallow glass or stainless-steel bowl, and refrigerate until chilled. Before serving - preferably in soup bowls that have been pre-chilled - stir in the cream and wine.



## TRADITIONAL CHICKEN SOUP

Chicken soup is the traditional Jewish soup. It is served on Sabbath and Festive days. Different holidays demand special accompaniments. For example: Kneidlach (matzoh balls) for Passover, Lokshen (noodles) for Sabbath and Kreplach (meat filled dumplings) for other Festivals.

It is also the typical Jewish mother's standby in times of stress and strain, ie. upset stomachs, cut fingers, fevers, exam. times, broken limbs, nervous tension and all general maladies.

1 large boiling chicken - quartered	salt and pepper 2 leeks
2 carrots	1 parsnip
small piece turnip	parsley
1 onion	3 stalks celery

Place chicken in large pot. Cover with water and simmer for 30 minutes. Add vegetables (whole or cut up) and slowly cook covered for 2½-3 hours. Alternately pressure cook all ingredients for 30 minutes. Strain soup and let cool. Skim fat.

## WELSH BROTH - CAWL CYMRU

2 lb Welsh lamb	2 carrots
2 turnips	2 onions
1 oz barley	4 pints water
1 tsp mixed herbs	salt and pepper

Cut the meat into pieces and remove as much fat as possible. Cover with cold water in a large saucepan. Bring to the boil and skim. Peel and slice the carrots and turnips. Skin and dice the onions. Add all the ingredients to the meat. Season to taste. Simmer for 1½-2 hours until the meat is tender. Serve hot.

## ONION SOUP

This is a very warming dish in mid-winter.

4 large onions	2 pints water
2 tbs lard or dripping	2 egg yolks
salt	A few drops of vinegar

Slice onion very finely and sauté in lard. Cover with lid and simmer gently for half an hour until onions are pulpy. Then pour on cold water. Bring slowly to the boil and simmer for 15 minutes. Beat egg yolks in a bowl with a few drops of vinegar. Add 2 tbs of soup to eggs until it emulsifies. Then return this mixture to the saucepan and stir until it is very hot but not boiling or the egg yolks will curdle.

Serve with French bread.

## SOUP BONNE FEMME

This soup is very cheap, but it is an excellent vegetable soup.

1 lb potatoes	2 oz butter
3 carrots	2 pints water
3 leeks	4 tbs cream

Melt butter in saucepan. Add finely chopped carrots and leeks. Cook till vegetables are changing colour. Add diced potatoes, water and pepper and salt to taste. Cook for 30 minutes. Sieve or puree until very smooth. There should be no granular particles of vegetables. Check seasoning, add cream and serve.

If the carrots are left out of this soup, you have the classic leek and potato soup. In either case it is essential that the soup be very smooth. The old type of blender does a much better job of this than the newer food processors. If your kitchen is not mechanized you may have to pass it through a fine sieve twice.

## MEATLESS MINISTRONE

There are probably as many recipes for minestrone as there are cooks who make it. This recipe gives the basic method and some idea of quantities. The ingredients can be varied.

4 tbsp olive oil	8 oz cooked navy beans
2 onions	1 tin tomatoes
2 cloves of garlic	2 or 3 tbsp tomato paste
1 stick of celery	1 tbsp fresh chopped basil
1 large carrot	1 tsp fresh chopped oregano
1 parsnip	½ cup of cooked macaroni
1 potato	1 quart of stock or water

Sauté onion and garlic. Add other vegetables. Cook for 5 minutes. Add stock or water. Add macaroni and serve with grated cheese. If you want a meaty minestrone, use one quart of chicken, lamb or beef stock and add some chopped salami or ham.

## TOMATO SOUP

This soup is very easy to make with a blender and is a great improvement on tinned tomato soups.

2 lbs tomatoes	2 onions
2 tbsp olive oil	4 cups stock
salt, pepper, basil	2 tbsp tomato paste
2 chopped up carrots	½ cup cooked pasta

Chop vegetables. Sauté onions in oil. Add tomatoes, carrots, stock and seasonings and cook for 30 minutes. Blend and add cooked pasta. Serve with grated Romano cheese.

## ZUCCHINI SOUP

This soup, like the tomato soup, is very smooth. It has a very delicate flavour.

1 tbsp butter	1 onion
1 potato	salt, pepper, herbs
3 large or small zucchini	2 cups stock

Melt butter. Add vegetables, seasonings and herbs. Cover. Cook for 15 minutes. Add one cup of stock. Cover and simmer for 15 minutes. Cool and blend. Add 2 cups of stock. Adjust seasonings. Heat and serve with a spoonful of cream.

## BORSCH

Borsch is a Russian staple food and like minestrone takes many forms. This beautiful soup is nothing like the borsch served to prisoners in Solzhenitsyn's gulags.

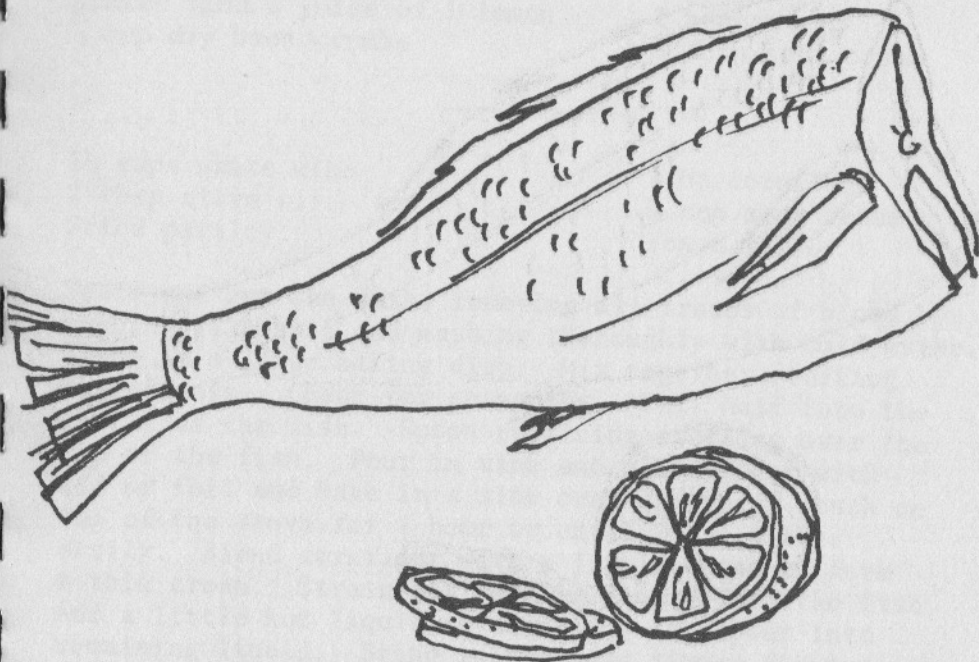
1 onion	2 sticks celery
2 carrots	1 large potato
4 beetroots	2 tbsp parsley
Some cabbage, spinach or any other green vegetable	
1 litre of stock	Marjoram to taste
pepper & salt	lemon juice
sour cream, yoghurt or keffir	

Chop up all vegetables and herbs and simmer in stock for 40 minutes.

Strain and throw away vegetables. Serve with one spoonful of keffir and a squeeze of lemon in each bowl.



# FISH



## BAKED WHOLE FISH

(one 3½/4 lb schnapper, dhufish, salmon, Spanish mackerel)

Stuffing

4 tbsp chopped spring onions	3 oz butter
1 clove crushed garlic	(cut in ¼" cubes)
½ chopped red pepper	½ tsp dried marjoram
pinch nutmeg	2 peeled & chopped tomatoes
Salt & pepper	1 beaten egg
grated rind & juice of 1 lemon	3 tbsp sour cream
½ cup dry breadcrumbs	

---

1½ cups white wine	1 oz cornflour
2 tbsp olive oil	½ cup sour cream
Fried parsley	lemon juice

Scale and gut the fish, removing all traces of blood by rubbing with salt and washing thoroughly with cold water. Place in a large baking dish. Mix together stuffing ingredients. Check for seasoning. Fill half into the centre of the fish. Spoon remaining stuffing over the top of the fish. Pour in wine and oil. Cover with lid or foil and bake in a slow oven or gently poach on top of the stove for 1 hour or until flesh flakes easily. Blend cornflour with a little water to form a thin cream. Strain off cooking liquid from the fish. Add a little hot liquid to cornflour then pour into remaining liquid. Bring to boil and simmer for two minutes. Add a little hot sauce to sour cream then add to sauce. Pour over fish and serve remainder in a sauce boat. Garnish with fried parsley and lemon slices. Serve with sauté potatoes and green salad.

Leftover fish is superb if used to make a fish mornay. Make white sauce then add flaked fish, stuffing and left over sauce.



PORTUGUESE COD  
(Bacalhan a Portuguesa)

750 g boneless dried cod or haddock  
4 potatoes, peeled and sliced  
4 onions, sliced  
4 tomatoes, sliced  
4 small green peppers, sliced  
½ cup olive oil  
freshly ground black pepper.

Soak the cod overnight in water to cover. Cut into small pieces. In a 7 cup flame-proof casserole, alternate layers of potatoes, onions, tomatoes, green pepper and cod. Pour the olive oil over and sprinkle with pepper. Cover and bring quickly to a simmer. Reduce the heat and cook slowly 1½ hours. Serve from the casserole with a crisp green salad.

NOTE: Fresh cod may be substituted and needs no soaking.

POACHED FILLETS OF WHITING IN WHITE WINE

Arrange fillets in a pan

Barely cover with white wine adding a tsp of butter, a squeeze of lemon juice, salt and white pepper to taste. Marinate for 30 minutes.

Poach gently until fillets are cooked but still whole (about 5 minutes).

Remove fish to a platter and keep warm.

Thicken remaining wine in the pan with plain flour and water to make a medium thin sauce. Add some chopped parsley or chervil and stir in. Pour sauce over the fish.

Serve with mashed potatoes.

(Recipe invented in Kalbarri while on long service leave).

TROUT TAHITIENNE

2 trout  
1 banana  
salt & freshly ground pepper  
Mixed herbs

For the Sauce : Juice of ½ orange  
125 g butter

Scale and remove intestines and bones from trout. To do this, make a long slit in side of trout from gills to tail, slip a sharp knife under the backbone and cut it away leaving head and tail attached to fish. After removing bones, rinse trout well and dry. Pepper and salt inside of trout and sprinkle with mixed herbs. Cut banana lengthwise and place half in each trout. Sew slit in trout with needle and thread. Brush trout with oil and grill. For the sauce, melt butter and orange juice. Serve warm to hot in a jug with trout.

Serve with boiled new potatoes.

TUNA COTTAGE CHEESE LOAF

This dish makes a very impressive centrepiece for a luncheon table or it can be served with cheeses and patés for an evening party.

50g gelatine	1 tbsp onion minced
¾ cup milk	1 tbsp capers
½ cup natural yoghurt	1 cup celery finely chopped
1 cup mayonnaise	1 tbsp lemon juice
1 cup cottage cheese	4 tbsp melted margarine
410 g tuna - drained	salt & pepper

Sprinkle the gelatine on top of the cold milk and allow to soak for a few minutes. Place the bowl in a saucepan of hot water and dissolve the gelatine - cool. Combine with remaining ingredients. Mix well. Turn the mixture into a greased loaf pan or jelly mould. Chill till firm and serve decorated with tomatoes, cucumber, lemon slices.

## CHILLIED KING PRAWNS

- 10 red chillies
- 1 tsp shrimp paste (blachen)
- $\frac{1}{4}$  tsp salt
- 5 tbsp oil
- $1\frac{1}{2}$  lb king prawns
- $\frac{1}{2}$  tsp salt
- 1 onion sliced
- 1 tsp sugar
- 1 tbsp lemon juice

- 1 Pound chillies, shrimp paste and salt till fine
- 2 Heat an iron pan. Add oil. Fry the prawns till cooked. Add salt and sliced onions
- 3 Push to one side of the pan and fry the chilli paste. Stir in the prawns and onions, season with sugar and lemon juice.

## GARLIC PRAWNS

- $\frac{1}{2}$  lb shelled raw prawns
- 1 tbsp olive oil
- 2 or 3 cloves garlic
- pepper & salt
- 1 tbsp parsley
- 2 tbsp lemon juice

Heat oil. Cook crushed garlic. Add prawns and stir fry until cooked. Add pepper, salt, parsley and lemon juice. Serve with fresh bread and salad.

## CHINESE PRAWN PASTY

The ingredients for this delicious dish make a sufficient quantity for one person

- 3 eggs
- $\frac{1}{2}$  cup diced, shelled, cooked prawns
- 1 tbsp finely chopped onion
- 1 tbsp finely diced tomatoes

- 1 Heat some oil in frypan (don't use dripping)
- 2 Break the eggs into a bowl and mix well with a fork (don't make mixture fluffy)
- 3 Place prawns, tomatoes and onions in pan, heat and mix. When well heated move to one end of pan
- 4 Tilt pan and place egg mixture in pan at lowered end opposite end to prawn mix
- 5 Immediately place prawn mix lengthwise in egg mix
- 6 After 2 or 3 minutes fold egg mix over prawn mix filling and flip pasty over. Do not overcook.

Serve with touch of butter and sprig of parsley.



## FRED'S BAKED FISH

4 lb schnapper (scaled and cleaned with head on)  
 4 cups claret  
 shallots  
 green ginger (peeled)  
 soy sauce  
 capsicum  
 salt & pepper  
 brown sugar

Make 4 slits on both sides of fish and place shallots  
 green ginger and capsicum in each.

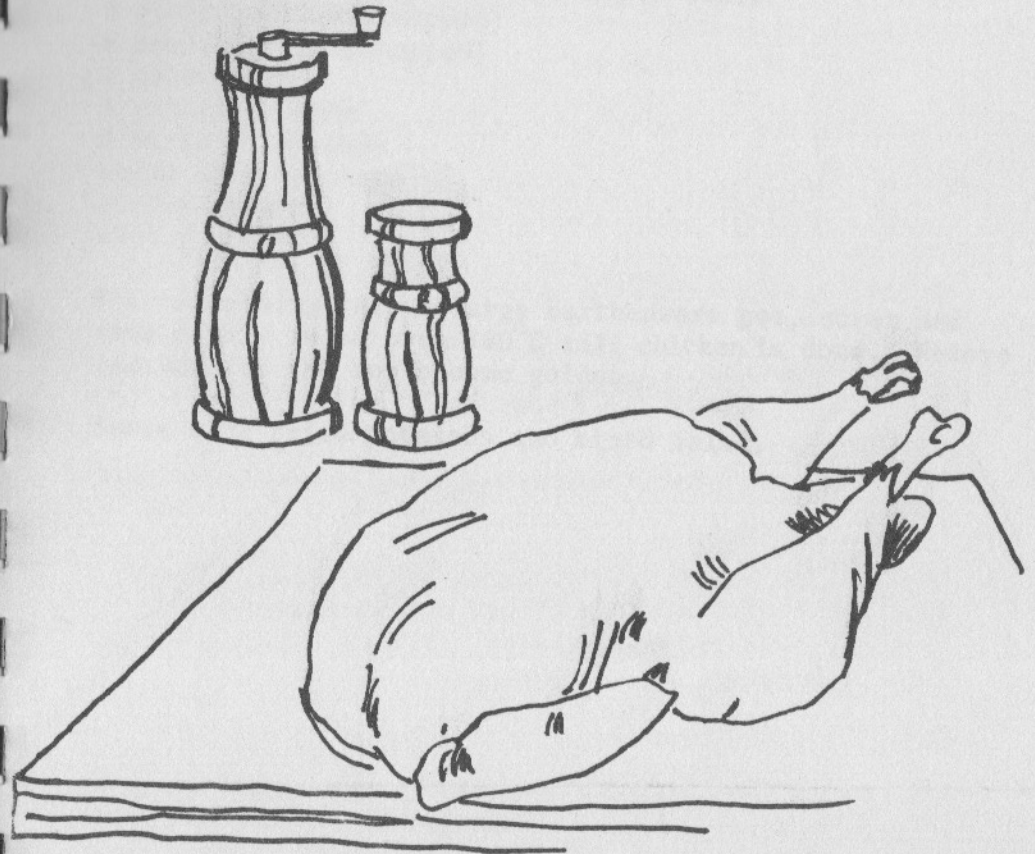
Sprinkle brown sugar and 3 tbsp of soy sauce over  
 on top side.

Marinate in claret for about an hour then cover with  
 foil.

Cook in a slow oven  $3/4$  hour (about  $300^{\circ}$ ).  
 Serve with lemon slices.

Fish should be covered with foil while cooking.

# POULTRY



## PRANGO NA PUCARA

(Chicken cooked in a deep earthenware pot)

In Portugal chicken and seasonings steam together. The strong mustard and Brandy ingredients impart an extremely pungent flavour to the usually somewhat characterless taste of chicken, and is marvellous for pepping up frozen chicken. In Portugal the chicken goes in whole but chicken joints can equally be used.

- 1 small chicken
- 2 medium tomatoes (chopped)
- 2 garlic cloves (crushed or chopped fine)
- 3 oz smoked ham (chopped)
- 6 small onions (chopped)
- 2 oz butter
- 1 wineglass port
- 1 wineglass brandy
- white wine to taste
- 1 tbsp mustard
- salt & pepper

Put everything into a large earthenware pot, cover and cook slowly in an oven 180°C till chicken is done. Remove lid and let the top become golden.

Serve with fried potatoes and mixed salad.



PETTI di POLLO alla BOLOGNESE  
(Boned chicken breast with ham and cheese)

To serve 4:

4 individual boned skinned chicken breasts  
Salt  
Freshly ground black pepper  
Flour  
1½ oz margarine (polyunsaturated)  
Oil  
8 thin slices of ham  
8 thin slices of mozzarella cheese  
Parmesan cheese  
3 tbsp chicken stock

Preheat oven to 350°F.

With a sharp knife carefully cut each chicken breast horizontally to make 8 thin slices. Lay them flat on a piece of greaseproof paper. Cover with another piece and pound lightly with the flat of a meat cleaver.

Season with salt & ground pepper and dredge in flour.

Melt butter and oil in a skillet and brown each chicken piece over a moderate heat. Do not over-cook them.

Lay chicken breasts in buttered baking dish. Cover each piece with a strip of ham and then cheese. Sprinkle with parmesan cheese. Dribble chicken stock over each piece

Bake for 10-20 minutes or until cheese is melted.

Serve hot.

PEANUT/SESAME OVEN FRIED CHICKEN

6 chicken pieces  
1 cup chopped peanuts )  
¼ cup toasted sesame seeds )  
2 tbsp parsley )  
1 tsp paprika ) Combine in a  
½ tsp salt ) plastic bag  
½ tsp grated orange peel )  
¼ tsp ground cinnamon )  
¼ tsp cayenne )

1 slightly beaten egg )  
1 tbsp water ) Combine on a plate

Dip chicken pieces in egg mixture and toss in the plastic bag. Place chicken pieces on a baking tray skin side up and not touching.

Sprinkle any remaining mixture on top.

Bake for 45-60 minutes - covered for about half the time, then uncovered. This dish may be eaten hot or cold.

PILIC KAGITTA

(Turkish - chicken in paper or foil)

Quick and effortless way to attractively serve up reheated chicken or to cook fresh chicken.

Cold cooked chicken portions	Butter
or quartered fresh chickens	Thyme
Lemon	Sweet Basil
Tomato	Parsley
Mushrooms (not necessarily)	Salt & Pepper

Lay each individual serving of chicken on its own piece of aluminium foil (or oiled paper). Place on

each portion some slices of tomato, sliced mushrooms (if available) and sprinkle with herbs and seasoning. Add slices of peeled lemon to each, dot with butter and wrap each parcel so no moisture will escape. Place in pre-heated oven (approx. 375°F) for long enough to reheat the chicken, or for approx. 45 minutes if fresh chicken is used. Each parcel when unwrapped will have made its own lemon and butter herb sauce which can then be poured over the portion as it is served.

#### CHICKEN MARENGO

1 medium sized chicken (cut up)	½ cup all-purpose flour
1½ tsp salt	¼ tsp pepper
Cooking oil	¼ cup onions (chopped)
3 cloves garlic (chopped)	½ cup tomatoes "
1/8 cup dry white wine	½ cup tomato sauce
1½ cups chicken stock	½ cup mushroom caps
2 tbsp parsley (chopped)	½ cup croutons

Dust chicken pieces with flour seasoned with salt and pepper. Heat cooking oil in frying pan. Fry pieces of chicken to golden brown (set aside). In the same frying pan saute garlic, tomatoes and onions, pour in tomato sauce and dry white wine; simmer 2 minutes. Put back chicken, add stock, cover and cook gently until chicken is tender.

Meanwhile saute mushroom in 2 tsp oil. (Set aside.) Remove chicken to a platter, garnish with croutons and pour in sauce, garnish with chopped parsley and sauteed mushrooms.

Serve hot.

#### LYALL'S WINE, GARLIC, CHOOK AND RICE

1 quartered chook  
Garlic  
Well chilled flagon of good quality Western Australian dry white wine (The writer prefers a crisp Chablis)  
Prepared gravy  
Long grain rice  
Copy of National Times

Open the flagon of wine. Sample a half glass or so to ensure that the wine has not spoiled.

Pre-heat enough cooking oil to cover four pieces of chook.

Deep fry the four chook pieces until well cooked and golden brown (30 minutes or so)

Serve a glass of wine. Drink it slowly reading the National Times. Repeat this process until the chook is cooked.

Prepare at least two cups of gravy using prepared gravy mixed in white wine from the flagon.

Transfer the cooked chook to fry pan. Garnish with pepper and salt and sprinkle with powdered garlic (not garlic salt). Novices should use a little more garlic than they would pepper - and try a heavier hand next time.

Pour the prepared gravy over the chook and simmer in a covered pan.

Add about 2 cups of good quality long grain rice to 2½ litres of rapidly boiling water. Stir. Then leave to cook (12 minutes).

Pour another glass of wine and continue with the National Times until the meal is cooked.

To serve : Drain the rice and serve. Serve the chook. Add the gravy to garnish the meal.

With 3 guests drink the remainder of the flagon with dinner for a happy repast of wine, garlic, chook and rice.



## CHICKEN EMPANADITAS

1 spring chicken	3 hard boiled eggs, cubed
½ kilo ground pork	5 tbsp sliced pickles
2 onions, chopped	4 big potatoes, cut into strips
1 big red pepper, diced	Clove of garlic, crushed
2 small boxes raisins	½ can tomato sauce, small
1 can peas	2 eggs beaten
1 tbsp sugar	½ cup milk

Sauté garlic and onion in shortening. Add ground pork, then chicken and keep mixing; add tomato sauce and stir. Cover with about 1 cup water for chicken to soften. Add potatoes and simmer until chicken and potatoes are cooked. Add sweet pepper, sugar, raisins, peas and remove from fire. Remove bones from chicken and cut meat into cubes. Add 3 pieces sliced sweet mixed pickles, cubed hardboiled eggs and the chicken meat to the mixture.

Place a little filling on empanada crust, cut into desired shape and size. Seal with water and fold edges decoratively. Bake in the oven and when half-done brush with egg-milk mixture.

Return to oven until cooked.

How to make EMPANADA crust :

1½ cups flour	½ cup margarine
1½ tsp baking powder	¼ cup cold water
½ tsp salt	

Cut margarine into flour, using 2 knives until mixture resembles coarse meal. Add water, 1 tbsp at a time and gathering flour particles together. Use just enough water to form dough into a ball. Roll on a board and spread to 1½" thickness and 10" in length. Cut into 1" pieces and form into a ball. Flatten ball and place chicken mixture in centre. Seal with water and fold over.

## CHICKEN CACCIATORE

1 chicken
2 onions
2 cloves garlic
3 tbsp tomato paste
1 tin tomatoes
1 bay leaf
½ tsp ground oregano
¼ tsp celery salt
oil, salt, pepper
¼ cup sweet wine, marsala or port

Cut chicken into pieces. Sauté in olive oil. Remove chicken and place in saucepan. Sauté sliced onions and crushed garlic. Place onions, garlic, tomatoes, tomato paste, herbs, pepper and salt in saucepan. Cover and simmer for 45 minutes. Before serving add wine.

Serve with boiled rice.

CHICKEN CACCATORE  
CHICKEN WYKZIN

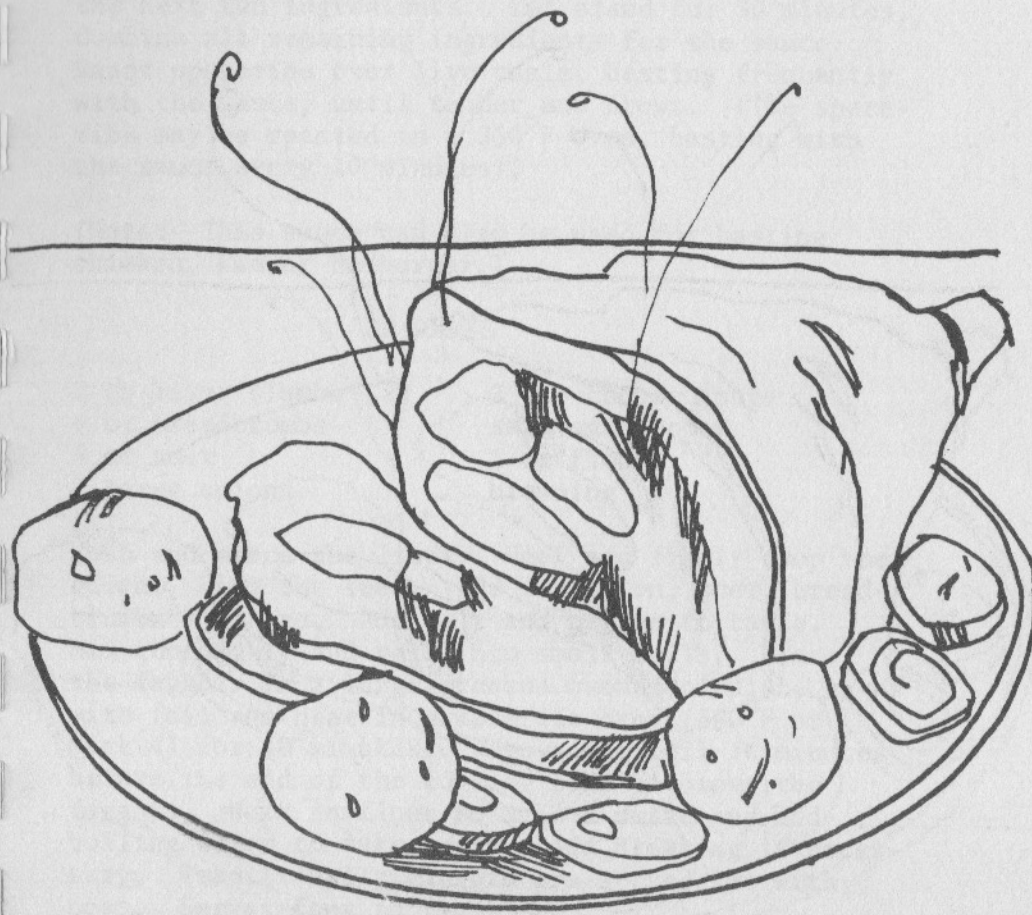
- 1 chicken
- 2 onions, peeled and sliced
- 2 cloves garlic, minced
- 2 tsp tomato paste
- 1 tin tomatoes
- 1 bay leaf, tied in a bundle
- 1/2 tsp ground oregano
- 1/2 tsp celery salt
- oil, salt, pepper to taste

1 cup sweet wine, marsala or port  
 Remove chicken and place in saucepan. Sauté the sliced onions and crushed garlic. Place onion, garlic, tomatoes, tomato paste, herbs, pepper and salt in saucepan. Cover and simmer for 45 minutes. Before serving add wine. Sauté until tender. Drain chicken and mix with sauce. Serve with boiled rice.

Remove chicken and place in saucepan. Sauté the sliced onions and crushed garlic. Place onion, garlic, tomatoes, tomato paste, herbs, pepper and salt in saucepan. Cover and simmer for 45 minutes. Before serving add wine. Sauté until tender. Drain chicken and mix with sauce. Serve with boiled rice.

Remove chicken and place in saucepan. Sauté the sliced onions and crushed garlic. Place onion, garlic, tomatoes, tomato paste, herbs, pepper and salt in saucepan. Cover and simmer for 45 minutes. Before serving add wine. Sauté until tender. Drain chicken and mix with sauce. Serve with boiled rice.

# PORK LAMB





## BARBECUED PORK SPARERIBS

2 kilos pork spareribs	1 tbsp finely chopped onion
2 tsp salt	1 tbsp finely chopped ginger
½ cup lemon juice	1 tbsp mustard
1 cup tomato sauce	1 tbsp soy sauce
2 tbsp brown sugar <u>or</u> honey	1 tsp salt
1 tbsp curry powder	½ tsp Tabasco sauce
1 tbsp lemon juice	

Slice spareribs into serving pieces. Marinate with the next two ingredients. Let stand for 30 minutes. Combine all remaining ingredients for the sauce. Roast spareribs over live coals, basting frequently with the sauce, until tender and brown. (The spareribs may be roasted in a 350°F oven, basting with the sauce every 10 minutes).

(Note: This sauce can also be used for basting chicken, ham or hamburger.)

## FAGGOTS

2 lb liver (lambs')	2 tsp chopped sage
4 oz breadcrumbs	salt and pepper
3 oz suet	1 oz flour
2 large onions	browning

Wash and mince the liver. Peel and finely chop the onion. Dice the suet. Add the onion, suet, breadcrumbs and sage. Add salt and pepper to taste. Mix thoroughly and roll into small balls. Place the faggots in a large greased ovenproof dish, cover with foil and heat in a moderate oven (350°F or Mark 4) for 40 minutes. Remove the foil 10 minutes before the end of the cooking time to brown the faggots. Work in flour to make a paste and add boiling water to make gravy. Add browning if necessary. Traditionally faggots are served hot with peas. Serves four to five.

### SOSATIES (Heat on Stewers)

Sosaties are something similar to the kebab of Oriental countries and are a great favourite in South Africa. Sosatie served with rice and a mixed salad is also an appetising meal in itself.

1 leg mutton	500 ml water
450 g pork	80 g stewed dry apricots
4 big onions	4 bay leaves
10 g curry powder	Salt and pepper to taste
1 g turmeric	5 g coconut
24 g sugar	75 g raisins
15 g flour	
500 ml vinegar	

Cut the meat from the bone into small cubes, measuring one square inch each. Cut the onion in slices and fry in two tbsp cooking oil. Mix the curry, turmeric, flour, sugar, coconut, pepper, salt and vinegar with the onion. Add the apricots and raisins and cook for approximately five minutes while the mixture is stirred constantly. Add the bay leaves last. Pour the sauce over the meat cubes to cover all the meat. Leave the meat in the sauce for three days and stir the mixture a few times each day.

Put the meat onto sticks about eight inches long, after the meat has been seasoned with salt and pepper. Use two or three pieces of mutton for one piece of fatty pork. Put some apricots and the onions from the sauce in between pieces of meat. Roast the sosaties over the coals. If preferred the sauce in which the meat lay can be heated and dished up separately to go with rice or other side dishes served with the sosaties.

### WELSH LAMB CHOPS

6-8 Welsh lamb chops	¼ pint vinegar
salt and pepper	1 tbsp sugar
1 tsp thyme	
2 tsp chopped mint	

Wash and score the fat on the chops to make it crisp. Place in a meat tin and sprinkle with salt and pepper and thyme. Bake in a hot oven, allowing 20 minutes per lb. and 20 minutes over. Begin at 425°F or Mark 7 and reduce to 400°F or Mark 6 after 30 minutes.

The Sauce: Dissolve the sugar in the minimum of water and add with the mint to the vinegar. Serve the lamb chops with new potatoes, peas and mint sauce.

Serves four to five.

### COTOLETTE ALL'UMBRIA

For 4 people you need:

4 cutlets of lamb or young mutton	2 tbsp oil
Seasoning	1 lb boiled potatoes
1 large onion	3 oz butter <u>or</u> margarine
1-2 cloves garlic	1 oz flour
8 medium sized pickled gherkins	¼ pint white wine and ½ pint white stock
	2 tsp vinegar

Trim excess fat from cutlets and season well. Peel and slice onions, crush garlic. Fry meat with onions and garlic in the oil, so the flavours blend together. When meat is tender keep hot on a dish but leave onions and garlic in pan. Meanwhile slice potatoes, heat gently in butter in second pan. Blend flour with wine and stock, add to onions and bring to boil, cook until thickened, add sliced or diced, drained gherkins and vinegar and simmer 5 minutes.



Put meat and potatoes on a dish, top with sauce, and garnish with the parsley.

This is excellent with salad and more pickled gherkins or other vinegar pickle, or olives.

#### KONYA KEBAB

(Turkish - Lamb cooked in the traditional Konya style)

This dish is delicious and different. An original way of using one's vegetable garden excess. A convenient one for entertaining as the quantities can be easily increased and it cooks itself without needing attention and one's presence in the kitchen. Served with rice and a tomato green pepper and black olive salad. See Anatolian salad dressing. Serves about 3 or 4.

2 lbs spring lamb (stewing chops or rolled roast)	
$\frac{1}{2}$ lb spring onions	A few mint leaves
1 lettuce	2 or 3 sprigs parsley
3 large tomatoes	Salt & pepper

It will be easier to serve if the lamb is first cut into serving (chop size) pieces. The meat is then placed in an earthenware casserole - which must be large enough to take the whole lettuce (un-cut) and must also have a well fitting lid. The meat is baked without any added liquid and the lid must be sealed on with a flour and water paste to prevent evaporation. Bake the meat as is for about 2 hours in a moderate oven. Remove from oven, prise off lid, lay on the meat the well washed halved spring onions, the whole washed lettuce and the whole skinned tomatoes, plenty of salt & pepper & whole herbs.

Reseal the lid and bake for a further 45 minutes or longer. If less meat is used the meat cooking time may be reduced to approximately one hour. But the lettuce should be soft in the centre, and may need longer than 45 minutes.

Note: Tomatoes may be easily skinned by letting them first stand a few minutes in boiling water.

#### CASSOULET

This specialty from Languedoc is best prepared over two days. This quantity will serve 12.

2 lbs beans (Lima or navy)	3 quarts boiling water
$\frac{1}{2}$ pound salt pork	$\frac{1}{4}$ lb bacon in small pieces
2 cloves garlic crushed	2 onions chopped
2 bay leaves	4 sprigs parsley
4 chicken stock cubes dissolved in 1 cup boiling water	1 tsp thyme
3 quarts water	1 lb Polish sausage
1 lb shoulder of lamb, cut into 2" cubes	2 onions, finely chopped
3 tbsp olive oil	2 stalks celery chopped
2 cloves garlic crushed	1 cup beef broth
1 cup white wine	Freshly ground black pepper
$\frac{1}{2}$ tsp salt	4 $\frac{1}{2}$ lb duck
4 tomatoes, peeled, seeded & chopped	
1 bay leaf	
1 $\frac{1}{2}$ cups breadcrumbs	

Rinse beans and add to a large casserole of boiling water for 5 minutes. Remove from the heat and allow beans to soak for 1 hour. Cover bacon with 2 cups cold water. Bring to boiling point. Drain, rinse under cold water and repeat this process. Place

drained beans, bacon, salt pork, onions, garlic, parsley, bay leaves and thyme and dissolved stock cubes in a large casserole. Cover with cold water. Add Polish sausage. Simmer uncovered for 1½ hours (Remove sausage after 30 minutes). Discard bay leaves. Drain beans and reserve broth.

Brown lamb and pork in hot oil in a large skillet. Add onions, garlic and celery. Cook five minutes and add wine and broth. Season with salt and pepper and add tomatoes and bay leaf. Cover and simmer 1½ hours until meat is tender. Remove meat from the broth. Roast duck 1½ hours and cut into 2 inch pieces and reserve 3 tbsp fat from duck. Place a layer of beans in a large casserole. Add a layer of ½ the sausage, sliced. Add a layer of lamb, pork, and duck. Cover with more beans, another layer of meats, then the remaining beans. Top with sausage. Add reserved bean broth. There should be enough to come almost to the top of the beans. Add chicken broth if there is not enough bean liquid. Cover with a thick layer of breadcrumbs and drizzle with reserved duck fat. Place over direct heat until broth is simmering. Place in a 350°F oven for 1 hour.

## LAMB WITH LENTILS

1 kg leg or shoulder lamb chops  
trimmed, boned and cut into  
2 cm cubes  
½ pkt brown lentils  
4 tbsp vegetable oil  
1 large onion, chopped  
1 tsp salt  
½ tsp black pepper  
1 tsp ground coriander  
1 tsp ground cumin  
1 bay leaf  
1 small cinnamon stick or  
¼ tsp ground cinnamon  
pinch ground chillies (optional)  
1 medium can tomatoes - chopped  
squeeze lemon juice  
1 tbsp chopped parsley

Soak lentils until swollen (3-4 hours)

Fry onion in oil over medium heat until golden. Add spices and seasoning and fry, stirring, for a minute.

Add meat and brown well, stirring.

Drain lentils and add to meat along with tomatoes (including liquid) lemon juice and parsley. Lower heat, cover and cook gently for ½-hour stirring occasionally. If needed add water, but the dish should be fairly dry and the lentils should not go mushy.

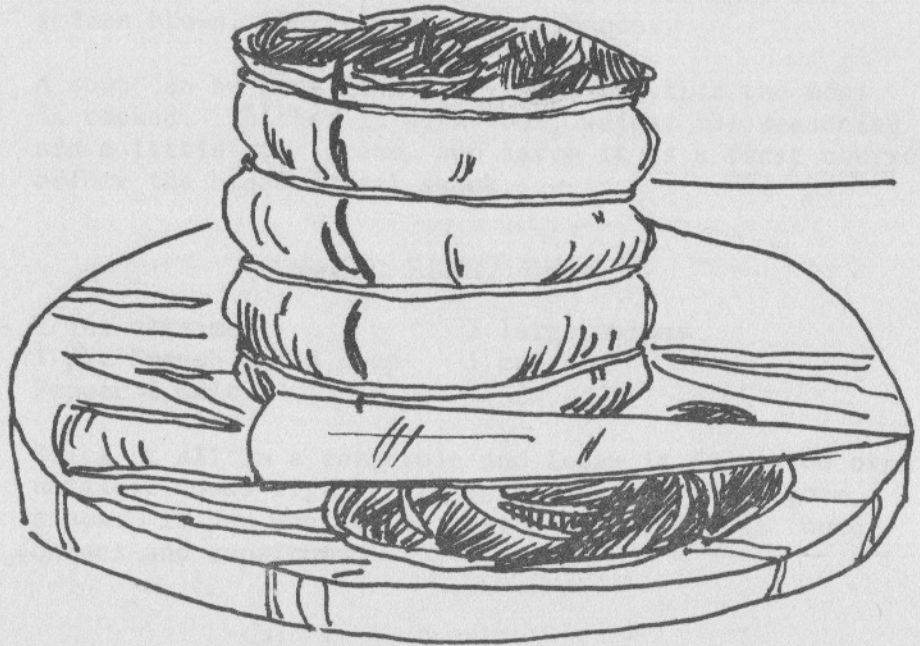
Serve with Lebanese bread and a salad (preferably Middle Eastern style).

(Invented as a result of a bare cupboard)



LAMB WITH LENTILS  
1/2 cup of ground lamb chops, ground & fat removed, browned and cut into small cubes.  
1/2 cup brown lentils, washed and soaked overnight.  
4 tsp vegetable oil  
1 large onion, chopped  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
1/2 tsp ground cinnamon  
1/2 tsp ground cardamom  
1/2 tsp ground chili  
1/2 tsp ground turmeric  
1/2 tsp ground saffron  
1/2 tsp ground cloves  
1/2 tsp ground nutmeg  
1/2 tsp ground ginger  
1/2 tsp ground fennel  
1/2 tsp ground anise  
1/2 tsp ground fenugreek  
1/2 tsp ground mace  
1/2 tsp ground saffron  
1/2 tsp ground turmeric  
1/2 tsp ground cardamom  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/2 tsp ground black pepper  
1/2 tsp ground salt  
1/2 tsp ground vegetable oil  
1/2 cup of lamb chops, ground & fat removed, browned and cut into small cubes.  
1/2 cup brown lentils, washed and soaked overnight.  
4 tsp vegetable oil  
1 large onion, chopped  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
1/2 tsp ground cinnamon  
1/2 tsp ground cardamom  
1/2 tsp ground chili  
1/2 tsp ground turmeric  
1/2 tsp ground saffron  
1/2 tsp ground cloves  
1/2 tsp ground nutmeg  
1/2 tsp ground ginger  
1/2 tsp ground fennel  
1/2 tsp ground anise  
1/2 tsp ground fenugreek  
1/2 tsp ground mace  
1/2 tsp ground saffron  
1/2 tsp ground turmeric  
1/2 tsp ground cardamom  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/2 tsp ground black pepper  
1/2 tsp ground salt  
1/2 tsp ground vegetable oil  
1/2 cup of lamb chops, ground & fat removed, browned and cut into small cubes.  
1/2 cup brown lentils, washed and soaked overnight.  
4 tsp vegetable oil  
1 large onion, chopped  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
1/2 tsp ground cinnamon  
1/2 tsp ground cardamom  
1/2 tsp ground chili  
1/2 tsp ground turmeric  
1/2 tsp ground saffron  
1/2 tsp ground cloves  
1/2 tsp ground nutmeg  
1/2 tsp ground ginger  
1/2 tsp ground fennel  
1/2 tsp ground anise  
1/2 tsp ground fenugreek  
1/2 tsp ground mace  
1/2 tsp ground saffron  
1/2 tsp ground turmeric  
1/2 tsp ground cardamom  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/2 tsp ground black pepper  
1/2 tsp ground salt  
1/2 tsp ground vegetable oil

# VEAL AND BEEF



## BREADED VEAL KNUCKLES

2 veal knuckles	Freshly ground pepper
1 carrot	2 eggs
1 small knob celery	$\frac{1}{2}$ cup flour
1 small onion	$\frac{1}{2}$ cup breadcrumbs
1 tbsp lemon juice	1 cup oil
Salt	

Have butcher clean and split each veal knuckle. Peel all vegetables and cut into small pieces. Bring 2 quarts water with the lemon juice, 1 tbsp salt and the pepper to a boil. Add veal and vegetable pieces and cook until meat comes off bones, 1 to  $1\frac{1}{2}$  hours. Discard bones and drain meat on absorbent kitchen towels. Cut meat into large chunks. Whip eggs with  $\frac{1}{2}$  tsp salt. Dip meat first into flour, next into beaten eggs, then into breadcrumbs. Bring oil to frying temperature, reduce heat to very low, and fry the breaded meat pieces till they are golden brown. Serve with Tartar Sauce.

A soup can be made from the liquid in which the meat is cooked. Thicken it with roux, adjust the seasoning, add a little sour cream, and serve it as a first course before the breaded veal shank.

## MAC'S BEERY BEEF

2 lbs cats meat	3 large onions
1 pkt French onion soup	1 cup beer
Pepper & Salt	

Stick it all in a casserole and leave it in a slow oven until it looks right. Tremendous - everything goes black. If you want to be smart, put in little round onions and capsicums.





## CASSEROLE IRENE

(Note: This dish is named after "the unofficial hostess of the Department of Education and Psychology")

908g (2 lbs) diced steak	1 clove of garlic (crushed)
1½ brown onions (sliced)	2 tbsp of Worcestershire Sauce
½ green to red capsicum (sliced)	1 cup of tomato puree
1½ cups celery (sliced into small pieces)	1½ tsp of ground black pepper (mixed with flour)
1 large zucchini (cut into larger pieces)	1 tsp of salt (mixed with flour)
2 slices of green ginger	2 cups of red wine flour
141 g (6 oz) mushrooms (sliced)	54g (2oz) butter
	54g (2oz) walnuts

Marinate the steak in wine for 2-3 hours.

Melt the butter in a pan.

Brown onion, garlic, capsicum, zucchini in the pan.

Remove vegetables from the pan.

Roll the steak in seasoned flour (retain the spare seasoned flour)

Brown the diced steak in the buttered pan

Place all the ingredients, (including the marinade) in a crock pot and cook on "low" for 6-8 hours.

Before serving, use the spare flour to thicken the mixture. Cook for a further ten minutes and serve.

BOBOTIE  
(Seasoned Mince Meat)

Bobotie is a great favourite in South Africa. The dish is usually served with rice and chutney. Diced pineapple, bananas cut into rings, diced tomatoes mixed with green pepper and onion slices, and even ground nuts, also provide interesting side dishes.

2 onions (finely sliced)	30 ml vinegar
1 apple, diced	5 g salt
30 g butter	2 g pepper
900g minced meat (cooked or raw)	40 g raisins
2 slices bread, soaked and squeezed out	12 almonds (optional)
10 g curry powder	6 bay or lemon leaves
24 g sugar (or Apricot Jam)	250 ml milk
2 eggs	5 g turmeric

Fry the onion and apple in the butter and mix with the meat, bread, curry, sugar, 1 egg, vinegar, salt, pepper and raisins. Blanch and remove skins of the almonds, cut almonds into quarters and add. Mix well. Place in a greased baking dish. Roll the lemon leaves and insert them well into the mixture in an upright position. Bay leaves are not rolled. Bake in a moderate oven for 30 to 45 minutes (in case of cooked meat). Beat the second egg with the milk and pour it over the bobotie about ten minutes before it is removed from the oven. Serve with rice and chutney.

Raw minced meat may also be used in which case the cooking period is about 1½ hours.

## MARINATED BARBECUED BEEF

600 g beef (porterhouse)  
 4-5 tbsp soy sauce  
 3 tbsp sugar  
 5 tbsp chopped spring onions  
 1 tbsp garlic powder  
 2 tbsp sesame seeds  
 2 tbsp sesame oil  
 2 tbsp wine  
 ½ tsp pepper

Slice the beef very thinly. Put the beef into the mixed ingredients for 30 minutes. After that barbecue the beef.

## ENTRECÔTE DE BOEUF ROTI

Dry a whole porterhouse and rub with salt and black pepper.

Place a large piece of heavy aluminium foil in a baking dish. In the foil place a large sprig of parsley and a clove or two of garlic cut into slices. Place meat on top of these. Pour over a cup of olive oil, a small can of champignons (drained and chopped), and a dozen black olives (stoned and chopped). A bay leaf and a sprig of thyme or marjoram may be added if desired.

Wrap the whole tightly in the foil.

Cook in oven 3-4 hours at 325°. Carve into slices 1cm thick. Serve with salads, garlic bread and whole baked potatoes.

Recipe invented because of necessity of serving a hot meal to a hungry multitude (namely MSPU staff)!

## SOFRITO

An adaption to Australian conditions of a traditional Greek dish.

Steak - (any type will do)	Salt & freshly ground black pepper
5 cloves of garlic - more if you are game	Red wine
Vinegar - 2 tbsp	2 tbsp flour
Polyunsaturated Margarine	

Grind copious quantities of fresh black pepper over the steak and then beat the daylight out of it with a meat tenderiser. (Small cuts across the grain of the steak will stop it from shrinking in cooking.)

Dredge the steaks in flour and saute in margarine until well browned.

Place the meat in a baking dish or casserole in a single layer - if possible.

Sauce In the saute pan using the juices from the meat add the five or more crushed cloves of garlic and the flour which is to be browned. Add vinegar and a couple of sloshes of wine slowly while stirring to make the sauce and bring it to the boil. Pour over the layered steak to cover.

Cover the baking dish with foil, or casserole with lid and cook in a moderate oven (325-350°) for 3 hours. Check liquid and add more sloshes of wine if necessary (if not drink it!)

A good accompaniment to this meat dish is mashed potatoes liberally laced with finely chopped chives, and Petit Pois Francais.

Ingredients for Petit Pois Francais:

Peas - frozen or fresh  
 Lettuce leaves - 4 or 5 outside leaves  
 1 larger or 2 medium onions sliced  
 Sugar - one desertspoonful



Salt and Pepper  
Bouquet garni sachet or fresh

Slice the lettuce leaves coarsely and onion finely.  
Butter a saucepan and place the bouquet garni in it.  
Add the layer of lettuce  
Add the layer of onion  
Add the peas  
Sprinkle sugar, salt and pepper over the peas and cook over a light to moderate flame with lid on until the peas are tender.

#### DUTCH BITTER BALLEEN

	<u>12 people</u>	<u>24 people</u>
Butter	5 oz	10 oz
Flour	5 oz	10 oz
Gelatine	$\frac{1}{4}$ oz	$\frac{1}{2}$ oz
Chicken or veal stock	1 pt	2 pts
Finely diced veal or ham	1 lb 4 oz	2 lb 8 oz
Gouda cheese grated	3 oz	6 oz
Salt, pepper, mace		
Beaten eggs		
Breadcrumbs		

Boil meat, then simmer until cooked. Cut into fine pieces. Melt butter, blend in flour and cook 1 min. Soften gelatine in stock, gradually blend stock and butter mixture together until boiling. Add veal and ham, cheese and seasonings to taste. Cook 2-3 mins. Spread onto flat tray. Chill thoroughly. Shape into 1-1 $\frac{1}{2}$ " round balls. Roll in breadcrumbs, then beaten eggs and breadcrumbs again, coating well. Deep fry, drain well, garnish with parsley. Serve a mild mustard separately.

#### AMPALAYA CON CARNE

$\frac{1}{2}$ kilo ampalaya (bitter melon)	2 ripe tomatoes sliced
$\frac{1}{4}$ kilo beef tenderloin	$\frac{1}{4}$ tsp monosodium glutamate
sliced thinly in strips	1 tsp sugar
4 tbsp oil	Salt & pepper to taste
4 cloves garlic, crushed	$1\frac{1}{2}$ cups hot broth or water
1 large onion, sliced	1 tsp cornstarch dissolved in $\frac{1}{3}$ cup water

Slice ampalaya in halves, lengthwise. Remove seeds and slice crosswise, diagonally,  $\frac{1}{2}$ -inch thick. Place in a bowl of salted water. Heat 4 tbsp of the oil in a heated frypan and saute garlic and onion. Add sliced beef and continue sauteing until meat is lightly browned. Add tomatoes and seasonings. Simmer until tomatoes are tender. Add broth. Increase heat and bring mixture to a boil. Remove cover; season further if necessary, then add dissolved cornstarch. Let boil once and remove from the fire.

#### BAKED FILLET OF BEEF

This dish cannot be cooked ahead, but is so easy that it cooks itself while the cook plays host. One whole piece of fillet steak will feed six.

1 whole eye fillet	1 tbsp oil
$\frac{1}{2}$ tsp mustard	$\frac{1}{4}$ tsp ground thyme
$\frac{1}{2}$ tsp ground ginger	$\frac{1}{2}$ tsp fresh ground black pepper
$\frac{1}{2}$ tsp salt	
1 cup red wine	

Trim fillet to a neat shape and place in a deep oven-proof dish. Rub fillet with mixture of oil, salt, mustard, ginger and pepper. Pour a cup of red wine on beef and cook in a hot (400°F) oven for 45 minutes or for an hour if you want it well done.

Slice the fillet into thick slices and arrange on a serving platter with slices overlapping. Cover with pan juices and garnish with mushrooms or asparagus tips.

### BEEF POLPETTE (with apples & gherkins sauce)

500 g best beef mince	1 small onion
2 large eggs	(finely chopped)
2 tbsp wheat germ	1 tbsp finely chopped
½ tsp mixed herbs	parsley
1 tsp salt	1 cup dry breadcrumbs
1 cup oil	1 cup red wine
1 large green apple	4 small gherkins
pinch of cloves	pinch of salt
pinch cayenne pepper	A good sprinkle freshly
1 cup beef stock or water	ground pepper
1 tbsp butter	

In a large bowl mix the mince, onion, eggs, wheatgerm, parsley, herbs and teaspoon salt.

Shape mixture into flat balls, roll in breadcrumbs and fry them in the very hot oil for two minutes on each side.

In a clean pan heat the butter and sauté the peeled and cubed apples for few minutes, stirring all the time.

Add the chopped gherkins, cook for one minute longer, add the rest of the ingredients except the stock.

Cook until mixture boils fast, add stock and bring to the boil again. Arrange the polpette in the sauce and cook for 5 minutes longer turning polpette from time to time.

Serve hot with your favourite vegetable, or a salad. Mixture makes about 12 to 14 polpettes.

(Santina)

### SCALOPPINE SUPREME

500 g medalion of veal	2 tbsp butter
cut thinly,	4 tbsp oil
Juice of 1 lemon	2 tbsp flour
½ cup white wine	1 tbsp fresh parsley finely
1 clove garlic,	chopped (flat leafed type)
A good sprinkle freshly-	2 tbsp blanched and thinly
ground pepper	sliced almonds (you can buy
½ tsp salt	them ready if you don't wish
	to do your own)

Arrange meat on a large flat dish, sprinkle over it the lemon juice, turn the meat slices a few times and allow to stand for a few minutes. Flour meat and shake off excess flour. Heat the oil and butter in a heavy pan and fry for 2 minutes on each side, using high heat. Add wine and cook for 2 more minutes, turning slices all the time. Add pepper and salt and the garlic peeled and squeezed. Turn scaloppine a few times. Arrange on a hot large serving dish, sprinkle over the parsley, then the almonds. Serve with a puree of pumpkin, spinach and potatoes, or with a mixed salad. Serves 6.

(Santina)

### VITELLO AL HERBE

2 pounds fillet of veal, cut	Rosemary leaves
into thin slices	Juice of 1 lemon
Garlic	Rings of lemon
Salt & freshly ground black	
pepper	
4 ounces butter	

Season thin slices of veal to taste with salt and freshly ground black pepper. Melt the butter in a thick-bottomed frying pan; add the veal, and rosemary leaves to taste, and sauté until golden. Add lemon juice and cook until tender (3 to 5 minutes more). Serve garnished with rings of lemon. Serves 4 to 6.



## DAUBE DE BOEUF

This is a tasty dish and the meat is guaranteed to emerge tender. For 4 people you will want :

2-2½ lb of topside of beef in the piece	3 onions
6 rashers bacon	2 cloves garlic
4 carrots	Bayleaf
3 large tomatoes	1/3 glass marsala
	2 tbsp olive oil
	Salt & pepper

Put the olive oil to heat in a pan. Brown the meat on all sides and put to one side.

Chop bacon, onions, carrots, bay leaf and crushed garlic in the oil, but not the tomatoes. Season well, and put back the meat on top of the vegetables. Pour the wine over all and put a lid on very securely.

Cook very slowly in a low oven for at least 2½ hours. Turn the meat occasionally, and half an hour before dishing up, add the sliced tomatoes.

## FLEMISH FILLETS OF BEEF

This is expensive, but delicious. It is also extremely simple to prepare and pretty when served.

For 4 people you will need :

1½ lb undercut or fillet of beef	Tbsp chopped parsley
2 oz butter	Young carrots
1 pint stock or gravy	2 egg yolks

Seasoning

Cut the undercut into neat slices about ½" thick. Season them with pepper and salt and dredge with flour. Melt butter and bring it to a good heat & saute slices. Halve the carrots lengthwise, parboil and drain them. Melt a little butter in a saucepan, put in the carrots seasoned with salt, pepper and a little nutmeg, if

liked, toss till well-coated with the butter, then cover with stock or gravy and allow to simmer until tender. Before dishing up, add the beaten egg yolks of 2 eggs, off the heat.

Arrange the fillets round a serving dish, placing the carrots and thick gravy in the centre. Sprinkle with freshly chopped parsley and serve immediately.

## MEAT LOAF SPECIAL

1 kilo good minced beef	2 tbsp wholemeal flour
2 tbsp wheat germ	2 large eggs
1 large onion chopped	Grated rind of fresh lemon
½ tsp each marjoram, sage, thyme and cumin seeds	1 tsp mustard
½ cup red or white dry wine	2 tsps salt
	Oil

Place all the ingredients except the oil in a large bowl. Mix well with your hands for a few minutes. Cover bowl and let mixture stand (in hot weather keep in the refrigerator) for a good hour.

Pour a few tablespoons of oil into an ovenproof dish. Pack the mixture in, pressing the top with your open hands.

Pour in a few tablespoons of oil and bake in a hot oven for 15 minutes. Cover the dish with a piece of foil and continue to bake in a moderately hot oven for 50 - 60 minutes.

Serve hot with your favourite vegetables, mushroom sauce or cold with mustard and salads.

(Santina)

## BOILED CORNED MEAT

- 1½ - 2 kilos corned silverside, or any other corned meat  
 2 bay leaves,  
 2 cloves garlic  
 1 tsp peppercorns  
 1 tsp cloves  
 1 tsp ginger  
 1 level tbsp raw sugar  
 ½ cup white wine vinegar

Place the meat in a large saucepan and cover it with cold water. Add the rest of the ingredients, bring rapidly to the boil then lower the heat to its minimum. Cover pot and simmer for 2 to 2½ hours. Serve meat hot and cut into thin slices with parsley sauce.

(Santina)

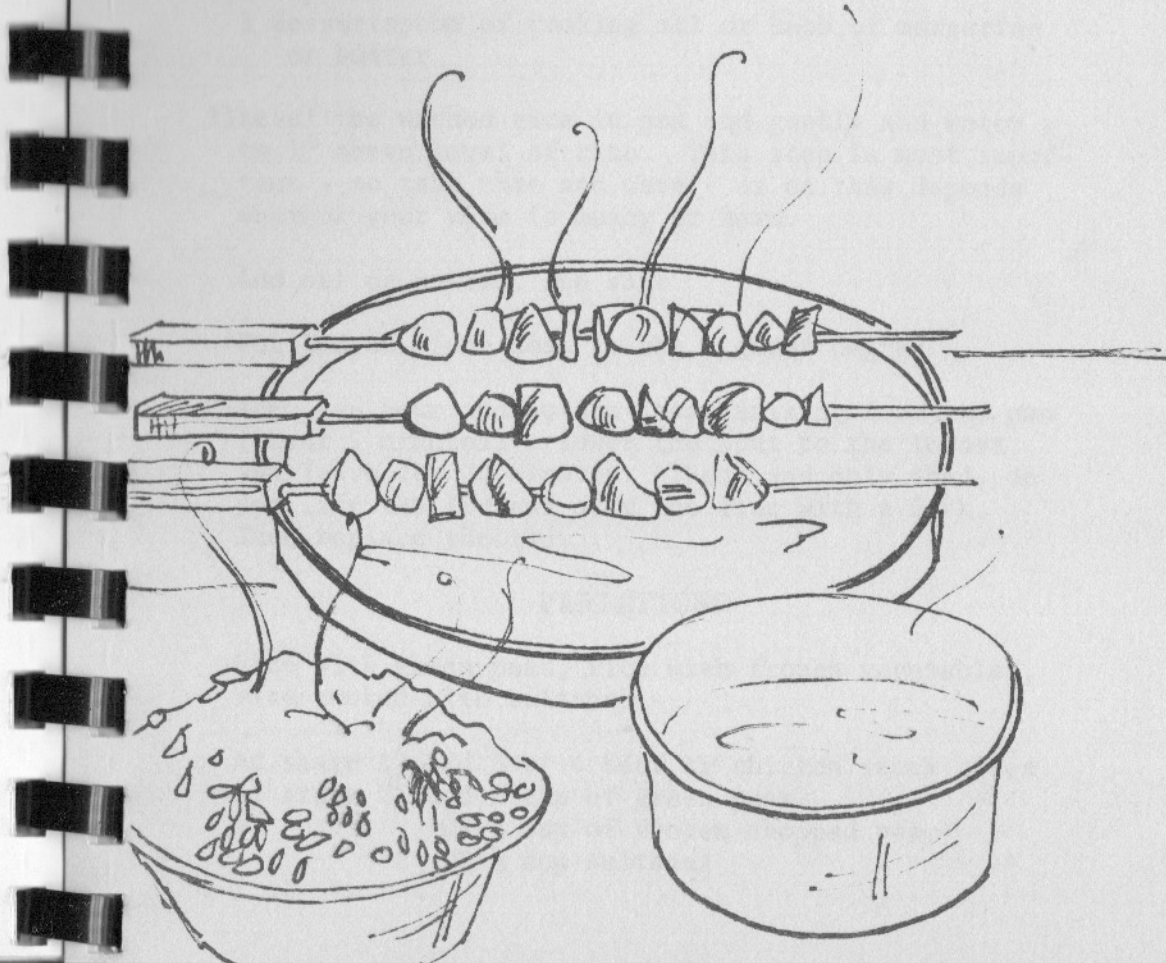
## BEEF WITH CHILLI SAUCE

- |                              |                             |
|------------------------------|-----------------------------|
| 1 oz flour                   | 1 tsp chilli sauce          |
| 1 tsp salt                   | 8 oz tomatoes               |
| ¼ tsp pepper                 | 1½ cups sliced mushrooms    |
| ½ tsp ginger                 | 1 tbsp worcestershire sauce |
| 2 oz lard                    | 2 tbsp dark brown sugar     |
| 2 lb braising steak          | 2 tbsp wine vinegar         |
| 1 capsicum (red)             | 2 cloves garlic             |
| 1 15 oz can red kidney beans | 1 bay leaf                  |

Roll 1" cubes of beef in flour, salt, pepper, ginger. Saute in lard. Pour sauce over meat.

Cook at 325° for 1½ hours. Add vegetables.  
 Cook for a further ½ hour at 325°.  
 Serves 6.

# CURRIES





THE "No-FAIL" METHOD FOR BOILED  
WHITE RICE  
(For 4 persons)

In using the absorption method of cooking rice, the whole process is made easy. It is important to have a saucepan with a tight fitting lid - to obtain satisfactory results.

Ingredients

- ½ kilo long grain rice - washed and drained 4 or 5 times
- 1 tsp salt
- 1 dessertspoon of cooking oil or knob of margarine or butter

- 1) Level the washed rice in pan and gently add water to 1" above level of rice. This step is most important - so take time and care - as on this depends whether your rice is mushy or hard.

Add oil or butter, and salt

Put lid on, turn heat to the highest degree.

- 2) When you hear and notice steam arising from the pan (about 5 minutes) - lower the heat to the lowest and leave for 20 minutes. Then, and only then, do you lift the lid and stir the rice with a fork. Then replace the lid.

VARIATIONS

Rice with green peas, rice with frozen vegetables, rice cooked with sultanas -

- At stage 1) add 3 or 4 beef or chicken stock cubes
- At stage 2) add 1 cup of green peas
  - OR 1 cup of frozen chopped veg.
  - OR ½ cup sultanas

I usually cook 1 kilo of rice at a time - the procedure is still the same, with the important water measurement coming 1" above the level of the washed rice in the pan - the only increase would be another teaspoonful of salt. Rice not used can be kept in fridge and used for Fried Rice.

### FRIED RICE

½ cup peanut oil or any other frying medium  
 1 medium onion diced largely  
 ½ tsp turmeric OR 1 dessertspoon Soy sauce  
 ½ cup chopped celery  
 ½ cup green peas  
 ¼ cup of carrot cut into thin slivers  
 Generous pinch of monosodium glutamate  
 Generous pinch of pepper  
 ½ kilo cooked rice  
 2 or three eggs lightly beaten in a bowl.  
 Any left over meat, or chicken, or bacon, or chopped Spam can also be added at the end of the cooking procedure if it is already cooked and chopped up.

- 1) Heat cooking medium in large frying pan or wok
- 2) Add onion and vegetables - stir/fry for about 5 minutes
- 3) Add pepper, turmeric OR Soy sauce and monosodium glutamate - stir/fry a further 4 minutes
- 4) Add rice - stir/fry till well mixed with vegetables.
- 5) Make a well in the middle of the rice and pour the eggs in - allow to set before mixing them in the rice.
- 6) Then add your cooked meat - mix to heat it through and - voilà - you've got some very tasty Fried Rice!

I find this dish a marvellous way of clearing the fridge of "left-overs". Use of turmeric makes the rice yellow and of a different flavour. Soy sauce makes the rice brown, and flavours it differently again - so why don't you try both ways.

### MINCE CURRY

1 kilo minced beef	3 to 4 onions depending on size
6 tsp curry powder (mild)	2 tsp tumeric powder
2 tsp coriander	2 tsp ginger OR
2 tsp garlic powder	freshly grated ginger
OR 3-4 crushed garlic pods	4-5 tbsp tomato paste
3-4 tbsp coconut cream	OR 4 large tomatoes
20 g dried peas	2 tsp garam masala
Oil for frying	2 large potatoes

Chop onions finely. If using tomatoes peel and chop also.

Peel potatoes and dice.

Heat some oil, about an ounce, and fry the onions till transparent.

Add curry powder, tumeric, coriander, ginger and garlic and fry till raw smell has gone, sprinkle a little water on the mixture if it sticks to the pan.

Add the meat and fry till it is a consistently brown colour and a dry consistency.

Cover tightly and simmer over gentle heat.

Parboil potatoes and peas and add to the mince. Continue cooking until cooked. If the mixture appears dry, add a little water only.

When the potatoes are done, add the tomato paste and mix it in thoroughly.

Note: The potatoes will not cook if acid (tomato paste) is already in. Before serving add the garam masala and coconut cream and mix thoroughly.



## CHICKEN CURRY (RUSSEL'S MUM'S RECIPE)

1 chicken	4 cloves garlic
1 small tomato	4 slices fresh ginger root
1 onion	1 or 2 cinnamon sticks
½ capsicum	½ tsp mixed spice
	½ tsp salt
oil and water for cooking	lemon grass
	Spencer's curry powder (Ceylonese)
	Spencer's chilli powder

Chop the chicken into small pieces.  
Chop the tomato, onion, and capsicum coarsely.  
Chop the garlic and ginger finely.

To heated oil, add tomato, onion, capsicum, garlic and ginger. Add salt, cinnamon, spice and lemon grass. Cook till light brown, push to one side and brown chicken pieces in hottest part of pan. When the chicken is browned, mix well with other ingredients. Then add 2 dessertspoons (slightly heaped) roasted curry powder (available from Boans, Coles or Action) with 1 dessertspoon chilli powder. Mix it all well, and bring to the boil, adding a little water.

If you find it too hot, lessen the amount of chilli powder.

If preferred, substitute lamb or beef for the chicken.

## RUSSEL'S MUM'S LENTIL DISH TO ACCOMPANY RUSSEL'S MUM'S CURRY

½ pkt pink lentils (soaked, and pre-cooked)  
1 onion, sliced  
2 cloves garlic, chopped finely  
3 slices finely chopped fresh ginger  
lemon grass  
salt  
saffron  
1 cup milk

Fry onion, garlic, ginger; add lemon grass, salt and saffron, and cooked lentils, stir and add milk. Bring to the boil and serve.

## SAVOURY RICE TO ACCOMPANY RUSSEL'S MUM'S CURRY AND RUSSEL'S MUM'S LENTILS

Boiled rice  
ham or bacon pieces  
chopped cabbage  
sliced leeks  
oil or butter

Fry the ham or bacon pieces, and leeks.

Add cabbage and when just tender stir contents of pan into the hot steaming rice and serve immediately.

## BURMESE CURRY

This curry will suit those who do not like a highly spiced dish. It is also very easy to cook - and like all curry is best cooked the day before being eaten. The basic sauce is the same for beef, chicken or pork or lamb. The ginger and garlic may be mashed in a pestle and mortar.

Ingredients

5 tbsp peanut oil, or safflower oil, or ghee  
 1½ kilos gravy beef cubed, OR 1 chicken cut into pieces, OR lamb, OR pork  
 5 cloves of garlic chopped as small as you can.  
 2 medium onions diced finely  
 ¾" green ginger - peeled and chopped as finely as you can  
 1 heaped tsp paprika  
 1 heaped tsp turmeric  
 1 tin of peeled tomatoes (425 g) OR 3 large ripe tomatoes  
 Optional - ½ tsp chilli powder  
 2 tsps salt  
 water to come up to level of meat or chicken

Heat oil, using medium heat. Add garlic, ginger, onions and fry till the mixture is going slightly brown. Add paprika and turmeric and chilli if being used. Fry for a further 5 to 6 minutes. Add meat or chicken - brown. Add tomatoes, water salt - simmer for ½ to ¾ hour, stirring occasionally, till meat is tender.

## INDIAN CURRY

Proceed as for Burmese curry. ADD 2 heaped dessertspoons of curry powder when adding paprika and turmeric. Carry on as for Burmese curry.  
 2 or 3 cubed potatoes can be added in last 20 mins. of cooking.



BURMESE CURRY

This curry will suit those who do not like a highly spiced dish. It is also very easy to cook - and like all curries is best cooked the day before being eaten. The basic sauce is the same for beef, chicken or pork or lamb. The ginger and garlic may be mashed in a pestle and mortar.

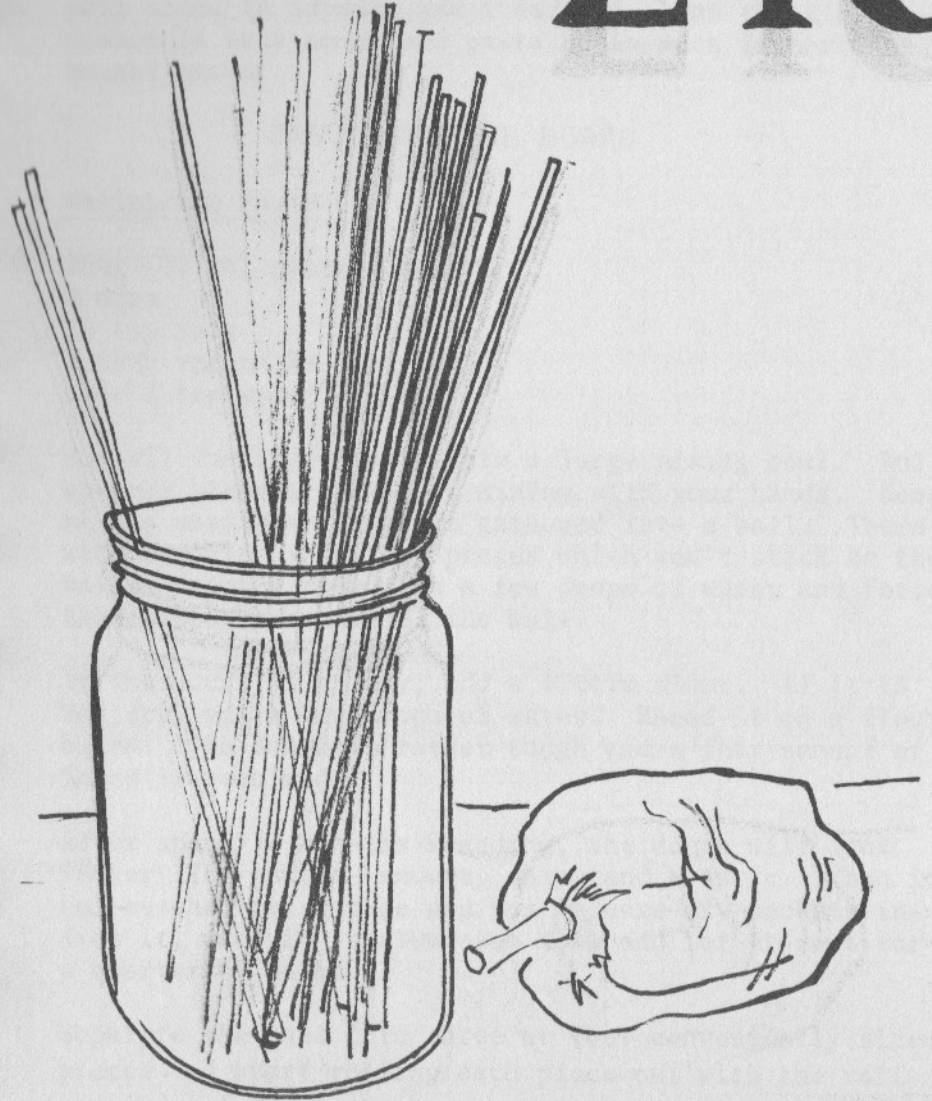
Ingredients

2 tbsp peanut oil, or safflower oil, or ghee  
1 1/2 kilos gravy beef cubed, OR 1 chicken cut into pieces, OR lamb, OR pork  
5 cloves of garlic chopped as small as you can  
2 medium onions diced finely  
3/4" green ginger - peeled and chopped as finely as you can  
1 heaped tsp paprika  
1 heaped tsp turmeric  
1 tin of peeled tomatoes (425 g) OR 3 large ripe tomatoes  
Optional - 1/2 tsp chilli powder  
2 tps salt  
water to come up to level of meat or chicken  
Heat oil, using medium heat. Add garlic, ginger, onions and fry till the mixture is going slightly brown. Add paprika and turmeric and chilli if being used. Fry for a further 5 to 6 minutes. Add meat or chicken - brown. Add tomatoes, water - salt - simmer for 1/2 to 3/4 hour, stirring occasionally, till meat is tender.

INDIAN CURRY

Proceed as for Burmese curry. ADD 2 heaped dessertspoons of curry powder when adding paprika and turmeric. Carry on as for Burmese curry.  
2 or 3 cubed potatoes can be added in last 20 mins. of cooking.

# PASTA ETC



## PASTA

Home made pastas are so superior to the bought product that it's well worth spending around \$30 to buy a pasta machine, which does most of the work for you.

You can make several types of pasta at one time so that you have a reserve for quick meals. You can also make your sauce in advance and freeze it. One thing to remember is that home-made pasta cooks much faster than bought pasta.

## FETTUCCHINI AL BURRO

Making the Pasta

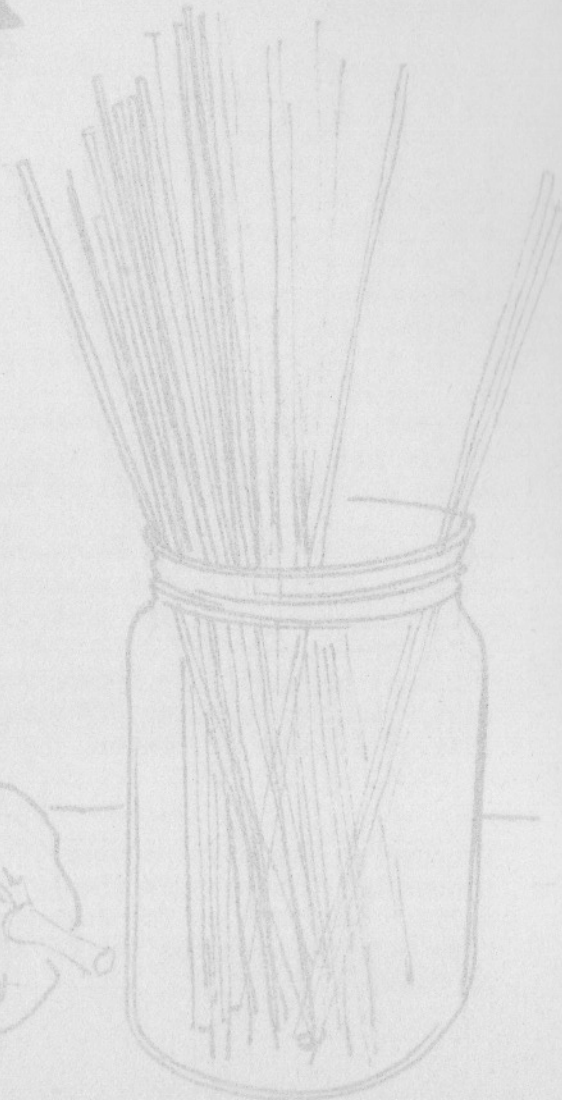
350g (12 oz) plain flour  
3 eggs  
1½ tsp salt  
1 tbs vegetable oil  
1 or 2 tsp water

Put all the ingredients into a large mixing bowl. Roll up your sleeves and start mixing with your hands. Keep mixing until the dough is gathered into a ball. There will be quite a few dry pieces which won't stick to the ball. Moisten them with a few drops of water and force them into the centre of the ball.

If the dough is sticky, add a little flour. If it is too dry, add a few drops of water. Knead it on a floured board. The dough is rather tough and a fair amount of force is required.

After about 10 minutes kneading, the dough will look rather like putty - smooth, shiny and elastic. When it has reached this stage and has no more dry pockets inside it, wrap it in aluminium foil and let it rest for a quarter of an hour.

Separate the ball into three or four conveniently sized pieces and start rolling each piece out with the roll-



PASTA  
ETC



ing pin. Roll it first down the length of the board and then across the width of the board. Dust with flour to stop the dough sticking to the board and rolling pin.

This also requires a fair effort and must be continued until the dough is rolled out to about 1mm thickness. At this stage it will be translucent and you will be able to see the wood grain in the board through it. You must persevere to this point - thick pasta is unpleasant to eat.

As each piece of the original ball is rolled out, they can be prepared for cutting into the long, thin strips called fettuccine. Lay the long ribbons out on a bench, keeping them as separate as possible to allow to dry.

If you are able to buy a pasta machine from one of the Italian stores, all the better, as it cuts out all the work of spreading the dough and cutting it.

#### Making the cheese and butter sauce

250g ( $\frac{1}{2}$ lb) butter	$\frac{1}{2}$ tsp salt
125g (4 oz) cream	$\frac{1}{2}$ cup finely
125g (4 oz) grated parmesan cheese	chopped parsley
Pepper to taste	

Beat the butter in a mixing bowl with a wooden spoon until it is light and fluffy. Slowly mix the cream into it and then the cheese, salt, pepper and nutmeg.

Place a large mixing bowl into a warm oven so that it will be very warm for mixing the sauce with the cooked fettuccine.

Bring about 10 litres of salted water to boil in a large pot. Add a few drops of oil to prevent sticking and then add the fettuccine.

It should be cooked in about five to eight minutes. After five minutes, start sampling it. The pasta should be *al dente*, that is, it shouldn't be too soft but should offer a slight resistance as you bite it.

As soon as it reaches this stage, transfer it to a colander and drain it well. Then place it into the warmed mixing bowl and add the butter and cheese mixture. Mix thoroughly by repeatedly lifting the fettuccine with a fork until each strand is evenly coated with sauce.

Serve on warm plates and provide an extra bowl of grated Parmesan cheese to be sprinkled on top.

*Pasta verde* is a delicately flavoured and delightfully green coloured pasta made by adding spinach to the above recipe. Take the stalks off a bunch of spinach. Boil the leaves for five minutes then cool and squeeze out as much water as possible. Puree in a blender until completely smooth, or pass through a colander.

Heat the pureed spinach in a saucepan just long enough to dry more water out of it so it begins to stick to the bottom of the saucepan. Add to the other pasta ingredients. It will require a few minutes more kneading to disperse it through the dough.

#### CANNELLONI

Make pasta as for Fettuccine recipe. When the dough has been rolled to the desired thickness, cut into squares about 12cm on each side.

Bring five litres of salted water to the boil and cook the squares of pasta a few at a time for five minutes. Take the squares out and place on a cloth. Pat dry.

Making the Filling

1 garlic clove, crushed      2 eggs, lightly beaten  
 1 bunch spinach              vegetable oil for frying  
 250g (½ lb) finely minced beef      pinch of oregano, basil  
 250g (½ lb) mushrooms, diced      and parsley  
 2 chicken livers, chopped      salt and pepper to taste

Place a little oil in a frying pan and fry the garlic until it turns golden, add the diced mushrooms and fry until they are softened. Transfer to a large mixing bowl.

Cut the stalks off the spinach. Chop the leaves finely and steam or boil them for four minutes. Cool under running water then squeeze as much water out of the spinach as possible. Add to the frying pan containing the mushroom juices. Fry until the spinach loses nearly all its moisture and begins to stick to the pan. Add to the mushrooms in the bowl.

Add a little more oil to frying pan and cook the chicken livers for about four minutes. Add to the bowl together with the eggs, herbs, salt and pepper. Stir all the ingredients together.

Making the Sauce

1 450g can peeled tomatoes      1 small onion  
 2 cloves garlic, crushed      1 dessertspoon finely  
 1 pint thick bechamel\* sauce      chopped basil or 1  
 30g (1 oz) grated parmesan cheese      tsp dried basil  
 30g (1 oz) butter

Fry the onions and garlic until golden. Put in blender with basil, and tomatoes and puree. Pour half this sauce into the bottom of a baking dish.

White sauce as made on page 149 but without lemon juice and custard.

(\* see page 149).

Place a tablespoon of the filling onto each of the boiled pasta squares and roll them up. Arrange the cannelloni in the baking dish and pour the bechamel sauce over them. On top of this pour the remaining tomato sauce, sprinkle with the parmesan cheese and dot with butter.

Place the baking dish in an oven preheated to 375°F. Cook for 20 to 25 minutes until the top begins to brown and the sauce is bubbling.

## MICHELINA'S SPAGHETTI SAUCE

Spaghetti or Macaroni  
 2 medium onions, chopped  
 Oil  
 1 tin peeled tomatoes, including juice  
 Tomato paste  
 150g Parma ham, chopped finely  
 150g smoked salmon, chopped finely  
 garlic, chopped  
 Mixed herbs & 1 bay leaf  
 ½ to 1 cup cream  
 Salt & pepper

Lightly brown onion and garlic in oil. Add tomatoes (chopped and including juice) and tomato paste. Then add smoked salmon, parma ham, herbs and salt & pepper. Simmer covered for about an hour. When ready to serve add cream and heat through without allowing to boil. To serve, pour over cooked spaghetti or macaroni. Add grated Parmesan cheese, if desired.  
 Serves 4

(Measurements are approximate)



## LASAGNE NEAPOLITAN STYLE

Sauce for Lasagne

½ lb steak (minced)      2 tsp sugar  
 ½ lb pork (minced)      1 tsp salt & some pepper  
 2 small cloves garlic    1 lb Ricotta cheese  
 1 tin Cirio tomato paste (sprinkled over each layer)  
 1 lb pkt of San Remo lasagne

Into a frypan put 2 tbsp of olive oil. When hot put in garlic and brown slightly. Add minced meats and fry till browned but not too dry. Add Cirio tomato paste and keep stirring till meat absorbs it. Add sugar, salt & pepper. Transfer to saucepan. Put about 1 pt of water in the frypan. Gather all juice surrounding pan and add to saucepan. If necessary add more water till meat in saucepan is covered. Simmer gently for about 1½ hours. Consistency of sauce at end of cooking should be that of unbeaten cream.

In the meantime, boil 4 eggs till hard. Slice 1 small mozzarella cheese. Prepare 1 cupful of grated parmesan cheese OR pecorino cheese.

Put on stove a large stock pot 2/3rds full of hot water. Pour into it ½ cup of oil and 1 heaped tablespoon of salt. When water is boiling briskly, add the lasagne one at a time and allow to boil for 15 minutes.

Wet a clean tea towel in warm water and wring tightly. Spread out on bench & lift out lasagne - spread on towel. Into a rectangular dish (12 x 9) spread a ladleful of sauce. Put in a layer of cooked lasagne. Spread more sauce, some slices of mozzarella and slices of boiled egg. Sprinkle with grated cheese. Repeat till all lasagne has been used. On top layer put remaining sauce and sprinkle with cheese. Put in oven (350°) and bake for about ¾ hour. When cooked cut into squares and ease out with flat spatula, and serve immediately on warm plates.

## SPAGHETTI ALLA CARBONARA

400 g spaghetti      3 tbsp Oil  
 60 g bacon          Salt & Pepper  
 2 yolks eggs        Abundant Parmesan cheese

Bring a good quantity of salted water to the boil. Meanwhile fry the finely chopped bacon in a little oil or water.

Add a lot of pepper to taste and let cook.

Bacon mustn't become dry, but just a little bit crisp.

In a bowl beat the eggs and add the grated parmesan cheese.

Cook the spaghetti in the boiling water. Then strain spaghetti, pour it into the bowl, stir well and add the browned bacon.

Serve hot.

NB - spaghetti must be slightly undercooked.

## VERA'S SALT PIE

2 cups flour                      2 cups milk  
 1 cup vegetable oil            1 cup parmesan cheese  
 3 whole eggs                      (grated)  
 1 tbsp baking powder         salt (your taste)

Filling

In a big bowl mix these ingredients :

5 or 6 tomatoes (cubed in little pieces)  
 1 can sweet peas  
 1 cup mozzarella cheese (pieces)  
 1 or 2 cooked eggs  
 Olives and mushrooms  
 1 cup smoked ham or another kind of chopped cold meat.  
 cubed onion - as much as you like.

And season with salt, black pepper, and vegetable oil.

Pour half dough in a greased pan, and then all filling and cover it again with another half of dough.  
Bake 350°F for 1½ hours or until knife inserted near centre comes out clean.

### EMPANADAS (Argentine Pastie)

#### Pastry

1 kilo plain flour      Water with salt (use amount  
2 tbsp margarine      necessary to form soft dough)  
1 egg

Mix flour, margarine, egg and salted water and form soft dough. Knead on floured board for about 4 or 5 minutes. Roll out and cut pastry into circles about 6in wide. Put filling in centre, 1 olive and piece of hard boiled egg. Fold over to form half circle and close ends by wetting edges with water and pinching together with fingers. Place in oven at 400° until pastry is cooked.

#### Filling

½ kilo mince meat      8 onions (thinly sliced)  
2 tbsp paprika      chilli pepper (optional)  
½ tbsp cumin      2 tbsp oregano  
olives      3 hard boiled eggs  
Oil

Place plenty of oil in saucepan, heat, add onions and cook for a few minutes. Add meat, cumin, oregano salt, cooked until meat is brown, add paprika, mix and remove from heat. Let cool and then use as filling. Juice from filling may also be used in the pastie.

#### Tomato Sauce Topping

1 tin peeled tomatoes mashed up finely  
juice of 2 garlic cloves (if no garlic squeezer available chop the garlic finely)  
pinch of salt  
pinch of pepper  
1 tsp dried oregano  
1 tsp dried basil  
1 tsp parsley chopped finely  
1 tbsp grated parmesan cheese  
¼ cup olive oil.

Blend all ingredients in a bowl and leave for an hour or so.

#### Ingredients to Decorate Tomato Sauce Topping

Slice a small mozzarella cheese (if not available any semi matured cheddar cheeses will do)  
Cut strips of anchovies/or strips of ham  
Champignon mushrooms sliced finely  
Slice stuffed olives.

#### Pastry Base

Dissolve one heaped tsp of granulated yeast in ¼ cup lukewarm water  
Pour the mixture in 2 cups of sifted plain flour. Add a pinch of salt, then knead well on a floured board. (To work the pastry more easily add small amounts of water every now and then until the pastry has become soft, elastic and feels smooth)  
Make the pastry into a bowl then place in a floured bowl (2-3 times bigger than the ball of pastry)  
Cover with a tea towel and place in a warm spot.

NB: When the pastry has almost doubled in size it is ready. It might take an hour depending on the place where the pastry has been left.



Roll out the pastry  $\frac{1}{4}$  inch in thickness. Place on a greased tray. Tray must be bigger than the size of pastry.

Place the tomato sauce on the pastry.  
Decorate with sliced ingredients.

The idea is to use ingredients you like as well as achieving contrast in colour.

The pizza must look attractive

### Cooking Instructions

Place in a preheated oven. Cook at temperature of  $350^{\circ}\text{F}$  for about 15 minutes. Check if the base is cooked. It must be golden and if not leave a bit longer.

### HACKSTRUDEL

250 g Flour	50 g mixed Mince
$\frac{1}{8}$ L warm water	20 g butter
Salt	1 onion
50 g Butter	Salt & Pepper
	3 tbsp Cream
	Parsley, Pepper
	Butter (liquid)
	1 egg yolk, 1 egg

Mix the flour, water, salt and butter and leave it for 30 minutes in a bowl. Mix mince, butter, onion, salt, pepper, whole egg, cream, parsley, butter.

Take the flour-water-salt and butter and make it thin and rectangular. Put the liquid butter on it and put the mince-mixture on it and roll it together.

Putt the egg-yolk over it and bake it 35 minutes in the oven ( $220^{\circ}\text{C}$ )

Eat tomato sauce and salad with it. Eat it hot.

### NINNIE'S SPAGHETTI SAUCE

1 lb spaghetti	1 lb tomatoes
$\frac{1}{2}$ capsicum	1 tsp basil
2 medium onions	1 tbsp chopped parsley
4 large rashers of stringy bacon	6 dessertspoons butter
$\frac{1}{2}$ tsp cayenne	6 " cornflour
$\frac{1}{2}$ tsp freshly ground pepper & salt	$\frac{1}{2}$ pints of warm milk
$\frac{1}{4}$ lb grated gruyere cheese	1 lb tin of tomato soup
6 dessertspoons butter	1 oz tomato paste
1 dessertspoon olive oil	

Cut and blanch capsicum; cut and blanch onions; cut bacon and grill on low heat draining fat several times; dry bacon; cut tomatoes; cook spaghetti in 4 quarts of well salted water; pour boiling water over spaghetti in colander; add olive oil to spaghetti and stir; melt butter in saucepan, add flour, add warm milk stirring till it thickens; add tomato soup, tomato paste, basil flakes, cayenne, pepper, salt, cheese, bacon, onion, capsicum; stir for about two minutes; add tomatoes and parsley; stir till warm and serve.

### FRANCA'S SPACHETTI SAUCE

1 medium carrot	$\frac{1}{2}$ cup red wine
1 medium onion	1 can tomatoes
1 large celery stalk	3 tbsp tomato paste
3-5 cloves garlic	2 or 3 chopped chicken livers
1 large-ish bunch parsley	200 g minced meat
1 sprig rosemary	
2 rashers bacon	$\frac{1}{2}$ - $\frac{3}{4}$ cup oil

Saute finely chopped vegetables and herbs in oil. Add chopped chicken livers. Saute. Add minced meat. Saute Add red wine and simmer till evaporated. Add tomato sauce & canned tomatoes. Simmer approximately 2 hours with or without lid, according to how much liquid is in the sauce. Add a fair amount of grated cheese at serving time.

# VEGETABLES

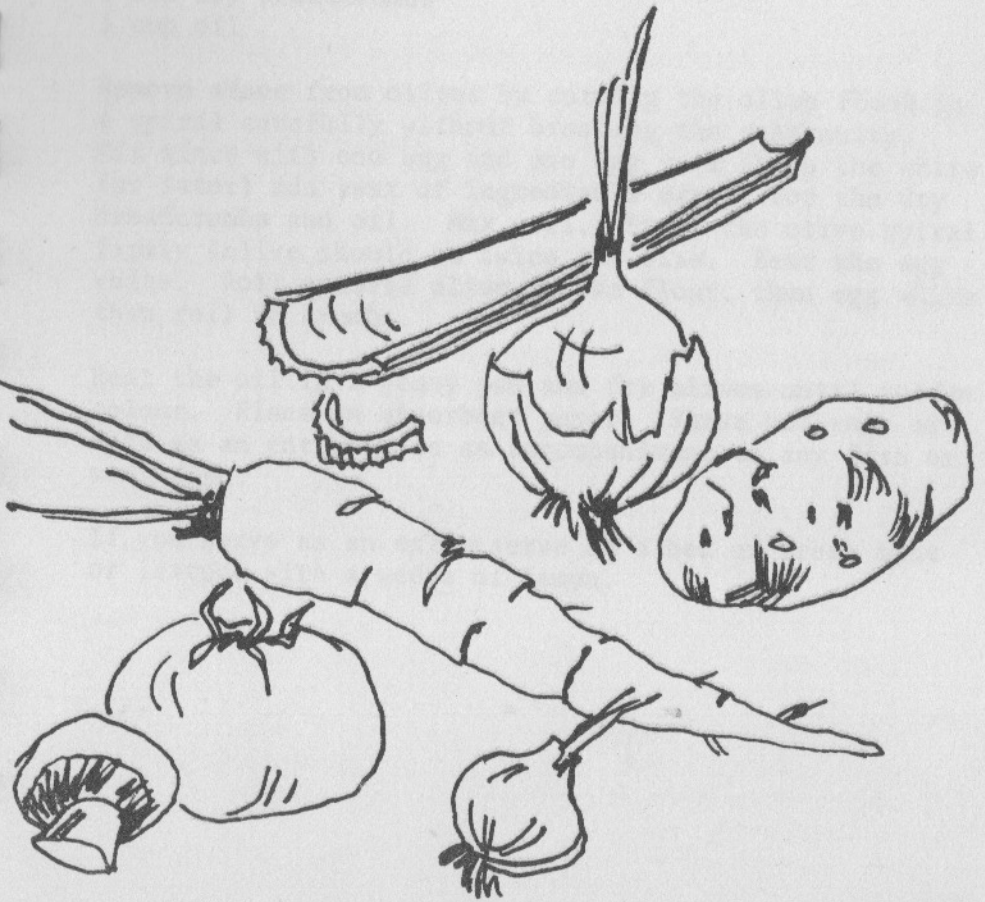
## FRANCA'S SPAGHETTI SAUCE

1 lb spaghetti  
 15 capsicum  
 2 medium onions  
 4 large rashers of stringy  
 1/2 tsp cayenne  
 1/2 tsp freshly ground  
 pepper & salt  
 1 lb grated gruyere cheese  
 6 dessertspoons butter  
 1 dessertspoon olive oil  
 1 lb tomatoes  
 1 tsp basil  
 1 tsp chopped parsley  
 1/2 pint of warm milk  
 1 lb tin of tomato soup  
 1 oz tomato paste  
 1/2 pint of warm milk  
 6 dessertspoons butter  
 1 lb tin of tomato soup  
 1 oz tomato paste

Cut and blanch capsicum; cut and blanch onions; cut  
 bacon and grill on low heat draining fat several times;  
 dry bacon; cut tomatoes; cook spaghetti in 4 quarts  
 of well salted water; pour boiling water over spaghetti  
 in colander; add olive oil to spaghetti and stir;  
 melt butter in saucepan, add flour, add warm milk  
 stirring till it thickens; add tomato soup, tomato  
 paste, basil flakes, cayenne, pepper, salt, cheese,  
 bacon, onion, capsicum; stir for about two minutes;  
 add tomatoes and parsley; stir till warm and serve.

## FRANCA'S SPAGHETTI SAUCE

1 medium carrot  
 1 medium onion  
 1 large celery stalk  
 3-5 cloves garlic  
 1/2 or 3 chopped chicken livers  
 200 g minced meat  
 1 sprig rosemary  
 2 rashers bacon  
 1/2-3/4 cup oil  
 1/2 cup red wine  
 1 can tomatoes  
 3 tsp tomato paste  
 Sauté finely chopped vegetables and herbs in oil. Add  
 chopped chicken livers. Sauté. Add minced meat. Sauté  
 Add red wine and simmer till evaporated. Add tomato  
 sauce & canned tomatoes. Simmer approximately 2 hours  
 with or without lid, according to how much liquid is  
 in the sauce. Add a fair amount of grated cheese at  
 serving time.





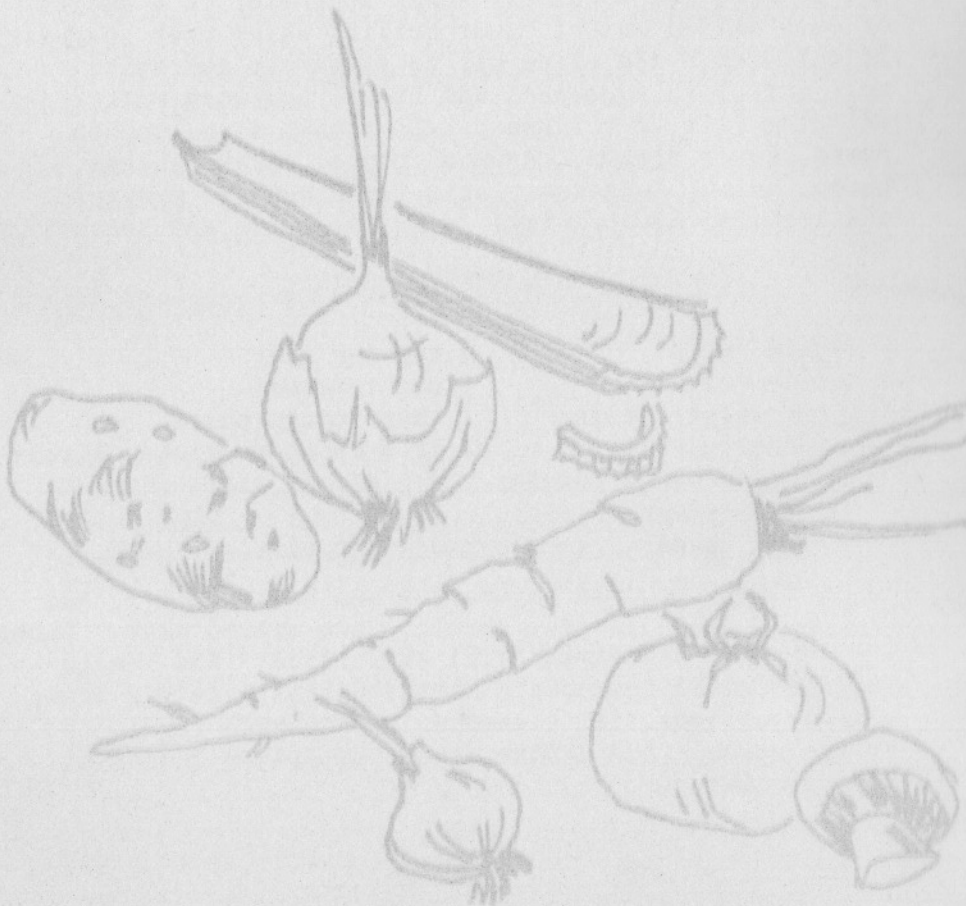
## LARGE STUFFED OLIVES (Santina)

2 doz large green preserved olives  
 200 g minced chicken or pork or veal  
 or a combination of the three  
 2 large eggs  
 1 tsp of finely chopped parsley  
 $\frac{1}{4}$  tsp freshly ground pepper  
 $\frac{1}{2}$  tsp salt  
 1 clove garlic finely chopped  
 2 tbsp grated parmesan cheese  
 $\frac{1}{2}$  cup stale grated breadcrumbs  
 Flour  
 1 cup dry breadcrumbs  
 1 cup oil

Remove stone from olives by cutting the olive flesh in a spiral carefully without breaking the continuity. Mix mince with one egg and one egg yolk (keep the white for later) add rest of ingredients except for the dry breadcrumbs and oil. Mix well. Stuff the olive spiral firmly (olive should be twice the size. Beat the egg white. Roll stuffed olive in the flour, then egg white then roll in crumbs.

Heat the oil in a heavy pan and fry olives until golden colour. Place on absorbent paper. Serve hot, warm or cold as an entree or as an accompaniment to any fish or meat dish.

If you serve as an entree serve on a bed of fresh mint or lettuce with a wedge of lemon.



VEGETABLES

## PARSLEY SAUCE

1 cup finely-chopped flat leafed parsley  
(Italian parsley)  
2 cloves garlic chopped  
1 tbsp capers finely chopped  
1 cup white wine vinegar  
2 cups oil  
2 anchovy fillets chopped  
A few drops of tabasco.

Place all the ingredients into a blender and blend at a low speed for a few seconds.

Increase the speed and blend for a few seconds longer.

This sauce is excellent over steamed chicken or fish and hot or cold meat, but is superb with hot corned beef.

## ANATOLIAN SALAD SAUCE

Very pleasant sauce - poured over the usual salad accompaniment to Turkish dishes - Sliced tomatoes, sliced green peppers and some black olives.

This salad is used to accompany most main dishes. It should be prepared and dressed a little in advance to allow the sauce & tomato juice to blend together.

300 g (12 oz) olive oil	100 g (4 oz) vinegar
½ tsp salt	½ tsp mustard powder
1 pinch black pepper	1 soup spoon finely diced onion
½ tsp sugar	
½ tsp thyme	

Leave oil and vinegar to one side. Blend other ingredients in a bowl. Add oil and vinegar and mix well. Pour into bottle and use as required.

## TORTA DI PATATE

For 5-6 people you need :

2-2½ lb potatoes	Seasoning
8 oz cooked ham	6-8 oz bacon
2 onions	1-2 tomatoes
clove garlic	2 oz butter

For the pastry :

10 oz flour, preferably self-raising, 4 oz butter, 1 lemon, 1 egg

To glaze : 1 egg

To cook potatoes : 2-3 tbsp oil

Put 1½ lb potatoes into boiling seasoned water, cook for 8 minutes, strain and slice. Make remaining potatoes into half rounds with vegetable scoop, keep in cold water.

Mince or dice ham and bacon, slice peeled onions and tomatoes, crush garlic.

Heat butter, toss vegetables in this, add meat, season and cool.

Sieve flour with seasoning, rub in butter, add finely grated lemon rind and juice, bind with egg and water, if necessary.

Roll out, use 2/3 to line pudding basin, put in meat and potato mixture. Roll out most of remaining pastry to make lid, press over filling, seal edges well, put in cool place for 1 hour.

Turn out on baking sheet, decorate with 'leaves' of pastry, glaze.

Bake for approximately 30 minutes, then reduce heat for about 20-25 minutes. Meanwhile heat oil in tin turn potatoes in this, roast for 35-40 minutes until golden brown, drain and serve round the 'pie'.



WHITE SILVERBEET CRUMBED (Santina)

The white part of a large bunch of fresh silverbeet  
 2 eggs  
 freshly ground pepper  
 1 can breadcrumbs  
 ½ cup oil  
 3 tablespoons butter  
 Salt

Wash silverbeet and cut into 3 cm strips. Bring to the boil three litres of water with ½ tsp salt added to it. Add silverbeet strips and cook for 3 minutes. Drain and place on absorbent paper. Beat eggs with a pinch of salt and a good sprinkle of freshly ground pepper. Dip 3 strips of silverbeet at a time into the egg mixture, then roll them in the breadcrumbs. Heat the oil and butter until very hot and fry the little bundle of crumbed silverbeet until golden. Serve hot or cold with any grills or roasts.

OVEN PEAS AND MUSHROOMS

3 cups freshly-shelled peas,  
 6 to 8 clean fresh mushrooms sliced (if necessary, peel mushrooms first)  
 2 tbsp chopped parsley                      2 tbsp butter  
 3 large lettuce leaves                      a good sprinkle fresh  
 ¼ tsp salt    pepper  
 ¼ tsp dry chervil

In an ovenproof dish arrange the clean lettuce leaves, then the rest of the ingredients, cover dish and bake in a hot oven for 5 minutes. Toss ingredients gently, recover dish and bake in a moderate oven for 10-12 minutes longer. Serve by cutting a piece of lettuce leaf as a vehicle to each serving of pea mixture. Serves 6 to 8 as an accompaniment to your favourite dish.

POMODORI RIPIENI AI FUNGHI  
 (Italian/stuffed Tomatoes and Peppers)

Stuffed Tomatoes

8 large tomatoes	1 tbsp chopped parsley
6 oz mushrooms	4 oz grated cheese
1 clove garlic	Seasoning
4 tbsp oil	

Stuffed Peppers

4 red peppers (capsicums)	3 tomatoes
2 onions	3-4 tbsp oil
2 cloves garlic	¼ pint water
4 small mackerel	2-3 oz bread
2 oz grated cheese.	Seasoning

Stuffed Tomatoes Remove tops, scoop out pulp, mix with chopped mushrooms, crushed garlic fried in oil, chopped parsley, cheese, seasoning. Bake for 15 minutes.

Stuffed Peppers Cut a slice from top of each pepper, scoop out centre core and seeds, chop top slices finely. Fry chopped onions, crushed garlic, tomatoes and chopped peppers in hot oil. Pour water over bread, leave for 10 minutes, beat until smooth, add to onions and tomatoes. Season. Turn pepper cases in oil in pan for several minutes until slightly softened on the outside. Put onion mixture at bottom of cases, top with diced raw mackerel (or other fish), cover with cheese. Bake in an oiled dish for 25 minutes until fish and peppers are tender. Garnish with parsley or celery leaves.

PEPERONI RIPIENTI  
(Italian Stuffed Peppers)

- 4 medium green peppers
- Seasoning
- 2 medium onions
- 2 oz butter
- 6 oz bacon
- can anchovy fillets
- ½ tsp oregano
- about 12 black olives (stoned)
- 3 oz fine breadcrumbs
- 2 oz pine nuts

Garnish with 4 black olives, 4 anchovy fillets

Sauce :

- 1 lb ripe tomatoes
- 1 onion
- ¼ pint stock or water
- pepper & salt
- 1 clove garlic
- 1-2 oz pine nuts

Cut tops off peppers and remove centre cores and seeds  
Chop the tops very finely to use in the stuffing  
Blanch peppers for 5 minutes in boiling salted water,  
Drain. Chop the onions finely, toss in hot butter  
together with diced bacon. Add diced peppers, anchovy  
fillets, oregano and olives (these can be chopped if  
wished). Stir well and add crumbs and nuts. Season  
if necessary, and pack into pepper cases, put into  
greased dish and bake for 35 minutes until peppers  
are soft.

To serve, garnish with olives and anchovy fillets  
and pour sauce round.  
To make sauce, skin and chop tomatoes, put into pan  
with rest of ingredients and simmer.  
Vary by using chopped, cooked veal or beef mince in-  
stead of anchovy fillets, using almonds instead of  
pine nuts.

CABBAGE AND SPINACH

Cabbage and spinach have a bad reputation because in  
boarding schools and cafeteria style restaurants they  
are often overcooked hours before they are ready to  
be eaten. The secret of cooking these vegetables  
is to use as little water as possible and to cook  
until they are just tender. Shred cabbage finely.  
Put a dab of butter on top. Cover and cook for 4 or 5  
minutes. Add a squeeze of lemon juice and some  
freshly ground pepper.

Silver beet is generally more available in Western Aus-  
tralia than spinach. Either vegetable should be eaten  
as soon after it is picked as possible. It is worth  
having two or three silver beet plants at your back  
door. They are very hardy and if picked regularly  
will continue to produce for almost a year. Tear the  
spinach into pieces about half the size of this page.  
Rinse. Cover and cook for 1½ to 2 minutes. Add a  
dab of butter and a pinch of ginger and serve  
immediately.

BEANS AND TOMATOES

Like the French Peas, this dish should be served as a  
separate course.

- 1 onion
- 1 lb beans
- 1 lb tomatoes
- oil, pepper, salt, marjoram

Skin tomatoes. Sauté sliced onions. Add tomatoes and  
cook on a high flame for 20 minutes. Add marjoram and  
sliced beans and continue to cook on a high flame for  
20 minutes. Correct seasoning and serve.



## CABBAGE POTATOES

Because potatoes contain whole protein they have been used as a staple food in many countries. There are hundreds of ways of preparing them. It is always a good idea to retain the skins as they contain most of the vitamins and flavour. They are so simple to cook that no one should ever be tempted to cook the metamorphosed potatoes sold in supermarkets in either tins or packets.

New boiled potatoes can be enjoyed best with dabs of butter and a little fresh parsley or chives.

Variety can be added to mashed potatoes by adding chopped parsley or chives, grated onion or cheese. Mashed potatoes can be topped with grated cheese and paprika, browned under the grill and served as a cake.

Baked potatoes can be hollowed out and filled with combinations of eggs, cheese, cream cheese, mushrooms, salami, cooked ham, grilled bacon, anchovies, or asparagus. Once filled the left over potato can be piled back on top and covered with cheese and returned to brown in the oven.

If raw eggs are placed inside potatoes, they take 20 minutes to cook in a moderate (350°F) oven.

Boiled potatoes can be sliced and fried in oil, butter or dripping with onion or garlic. Or they can be covered with a cheese sauce and placed in the oven till the top of the sauce browns.

## JEWISH POTATO CAKES

4 large potatoes	1 onion
2 tbsp chopped parsley	¼ tsp ground oregano
1 egg	1 tbsp flour
Oil for frying	

Grate onion and potato. Combine all ingredients. Spoon into hot pan. Brown on both sides. Transfer to a pan which is moderately hot and cook for a further 10 minutes.

## SOUTHERN SWEET POTATOES

1 lb sweet potatoes	1 onion or 1 small can of pineapple pieces
1 cup of cashews or peanuts	1 tbsp flour
1 tbsp butter	pepper & salt, nutmeg or mace
1 pint of milk	

Boil sweet potatoes until tender. Make white sauce by melting butter, blending flour and adding milk. Bring sauce to boil stirring all the time. When sauce thickens continue to simmer for 10 minutes stirring occasionally. Season.

Rub off skin of sweet potatoes. Slice. Arrange layers of sweet potatoes, nuts and pineapple and/or onions in an ovenproof dish. Pour white sauce over the casserole and bake in oven for 10 minutes or until brown.

## RATATOUILLE

Ratatouille is a summer vegetable sauce which can be served by itself or as an accompaniment to grilled or fried meats.

1 onion                      1 aubergine or capsicum  
2 cloves garlic            4 ripe tomatoes  
2 zucchini                 oregano, parsley, pepper, salt  
Oil

Skin the tomatoes by dropping them into boiling water. Peel and slice aubergine. Sprinkle each slice of aubergine with salt and allow to stand for half an hour to remove bitterness. Squeeze garlic. Slice onions, tomatoes and zucchini. Sauté onion and garlic. Add other vegetables and herbs and simmer for 3/4 hour. Correct seasoning and serve.

## FRENCH PEAS

Peas are normally served as an accompaniment to roast lamb. This dish is best appreciated if the peas are served as a separate entree course.

2 lb fresh peas            2 oz butter  
1 lettuce heart            pepper & salt  
1 onion                      mint

Shell peas. Quarter onion. Shred lettuce. Just cover peas, onion, lettuce and mint and simmer until peas are tender - about 10 minutes.

Remove onion and mint. Pour off excess water. Add butter, pepper and salt and cook with lid on for a further ten minutes so that the natural juices of the peas form a sauce with the butter.

## BEAN STEW

1 cup dried beans (red kidney, lima, black-eye, borlotti, mung or red lentils)

Put in saucepan with 4 cups cold water. Simmer until most of the water is absorbed. It is important that the beans are not dry.

Place half the resulting quantity of beans in a casserole with 250 grams chunky bacon pieces, 1 sauted onion, 1 sauted carrot. Stir in one pint of bechamel sauce.

Top with slices of cheddar cheese. Bake in a moderate oven for one hour. The rest of the beans may be used for bean soup.

## BEAN SOUP

1 litre stock  
Add mixed vegetables (raw) eg carrot, celery, onion,  
Add beans and also paprika and/or cayenne to taste.  
Simmer for approximately 2 hours



# SALADS

1 cup dried beans (red kidney, lima, black eye)  
boil for 1 1/2 hours or until tender. Drain and  
reserve 1/2 cup liquid. Steam beef to boiling.

Put in saucepan with 4 cups cold water. Simmer  
until most of the water is absorbed. It is  
important that the beans are not dry. Drain and  
reserve 1/2 cup liquid.

Place half the resulting quantity of beans in  
a casserole with 1/2 cup chunky bacon pieces.

1 sautéed onion, 1 sautéed carrot, 1 sautéed  
zucchini, 1 sautéed bell pepper, 1 sautéed  
tomato, 1 sautéed mushroom, 1 sautéed  
eggplant, 1 sautéed cauliflower, 1 sautéed  
broccoli, 1 sautéed cauliflower, 1 sautéed  
broccoli, 1 sautéed cauliflower, 1 sautéed  
broccoli.

## BEAN SOUP

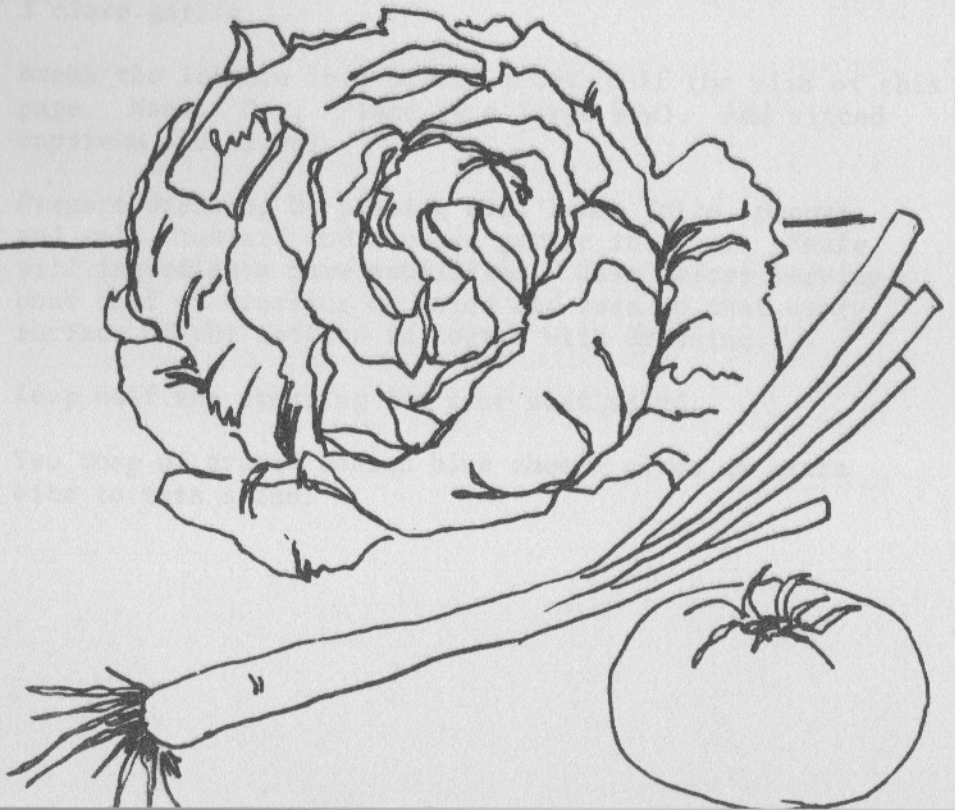
BY J. HONNAY

1 litre stock  
Add mixed vegetables (zucchini, eggplant, cauliflower, onion,  
broccoli, carrot, tomato, mushroom, bell pepper, cauliflower,  
broccoli) and also paprika and bay leaves. Cook  
to taste.

Simmer for approximately 2 hours  
Add beans and 1/2 cup reserved liquid.  
Simmer for 1 hour.

1/2 cup reserved liquid.  
Add beans and 1/2 cup reserved liquid.  
Simmer for 1 hour.

Remove from heat. Add reserved liquid.  
Add no oil. If you like, add reserved liquid.  
Simmer for 1 hour.



## FRENCH SALAD

The simplest and some would say the best salad is a lettuce broken into pieces and lightly tossed with a mixture of oil and vinegar. But there are many variations on this classic recipe. The one below is a perfect accompaniment for cold meat or grilled steak. It is an excellent follow-up to Italian pasta dishes because it leaves the palate clean.

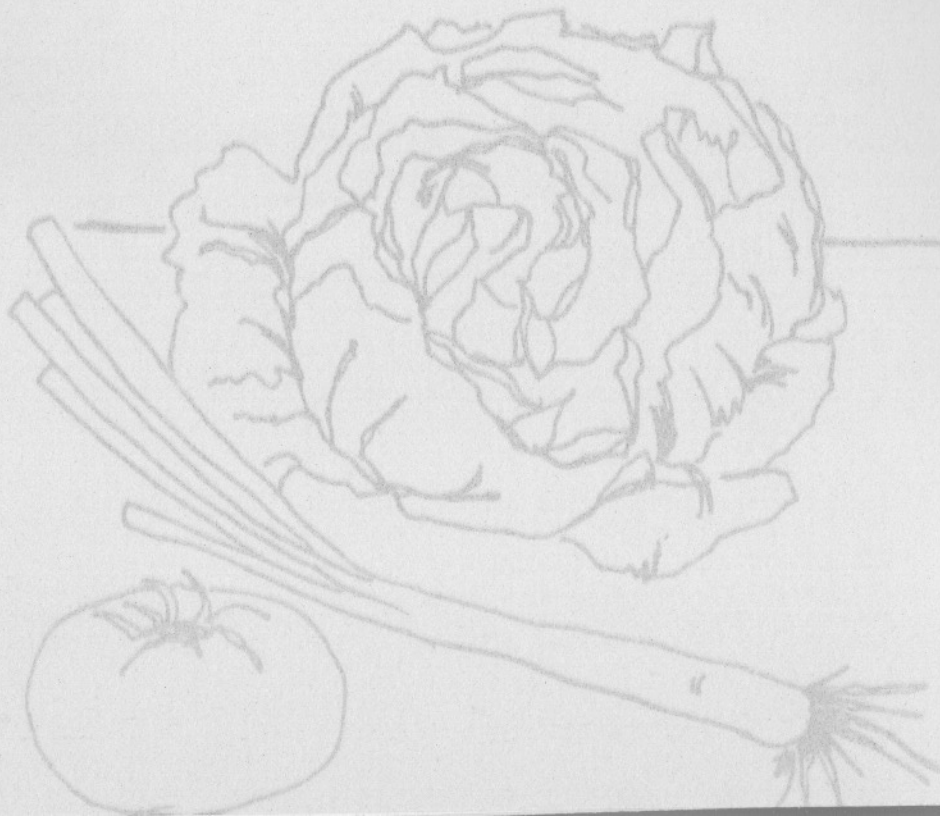
1 lettuce  
 1 tbsp of finely chopped parsley or chives  
 A few olives  
 1 capsicum  
 6 tbsp best olive oil  
 juice of one lemon or 2 tbsp cider vinegar  
 freshly ground black pepper  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp mustard  
 1 clove garlic

Break the lettuce into pieces about half the size of this page. Wash. Dry. Place in a large bowl. Add sliced capsicum and olives.

Prepare dressing by placing oil, lemon juice, pepper and salt, mustard and crushed garlic in a jar. Shake till ingredients have emulsified. Just before serving pour half of dressing on salad and toss so that every surface of the lettuce is coated with dressing.

Keep half the dressing for your next salad.

Two tbsp of grated Danish blue cheese gives an extra bite to this salad.



SALADS



FRENCH SALAD  
SALADE NIÇOISE

This salad can be used as the only dish for lunch if you want to cut down on preparation and washing up.

- 6 tomatoes, cut into quarters
- 1 small white onion, thinly sliced
- 1 lettuce
- 4 stalks of celery, sliced
- 12 ripe olives
- 1 tin of tuna or salmon
- 8 anchovy fillets
- 6 hard boiled eggs
- 1 capsicum sliced
- 1 tbsp chopped parsley
- 2 tbsp lemon juice
- 6 tbsp olive oil
- Salt, pepper, mustard

Make dressing by shaking lemon juice (or vinegar), oil, salt, mustard and pepper together.

Wash and dry lettuce leaves. Tear lettuce leaves in half. (Never shred lettuce as it bleeds). Ten minutes before serving, combine all vegetables and tuna in a large bowl. Add dressing and toss so that all vegetables are covered with dressing.

Decorate top with eggs and anchovy fillets.

Serve with hot rolls and white wine.

Serves 6.

## TOMATO SALAD

This is an excellent way of eating salad tomatoes. The basil or oregano brings out the tomato flavour. This salad is a good accompaniment for a quiche or omelette.

- 6 firm, ripe tomatoes
- 1 white onion
- 1 tbsp parsley
- 1 tbsp fresh basil or oregano
- salt and pepper
- 4 tbsp olive oil
- 2 tbsp cider vinegar

Wash and thickly slice the tomatoes. Thinly slice the onion. Arrange tomatoes, onions and herbs in a bowl and toss lightly with a dressing made of the oil, vinegar, salt and pepper.

## CUCUMBERS IN YOGHURT

- 2 medium cucumbers
- 1 tbsp chopped chives
- 1 tbsp chopped fresh dill
- 1 clove of garlic pressed
- 2 tbsp plain yoghurt

Peel and slice cucumbers. Mix all other ingredients and dress the cucumbers.

## COOKED VEGETABLE SALADS

A number of vegetables cooked very lightly, chilled and dressed in a sauce vinaigrette or mayonnaise make a welcome addition to summer tables. Asparagus, artichoke hearts, broccoli, beans and zucchini all make excellent salads.

Broccoli can be lightly steamed for about 3 minutes until it turns bright green. Very small zucchini can be cut in four lengthwise and lightly steamed. Young broadbeans can be steamed and served with French dressing. Asparagus and artichoke hearts can be emptied out of tins, placed in bowls, and covered with your favourite dressings.

The dressing described in the French salad recipe can be used, or it can be varied by replacing the lemon juice with wine vinegar, tarragon vinegar; by adding parsley, chives, dill, oregano, capers or cayenne. Commercial mayonnaises can be improved by the addition of yoghurt, cream, oil, vinegar, lemon juice, or mashed egg yolk which gives the mayonnaise a bright yellow colour. A simple dressing can be made of oregano, pepper, salt and oil.

## CHAMPIGNONS AND BROAD BEAN SALAD

½ lb champignons 1 tbsp oil  
1 small white onion ¼ lb gruyere cheese  
½ lb broad beans shelled and cooked  
French dressing

Saute champignons in olive oil. Remove from pan. Add finely chopped onion. Toss in French dressing. Allow to cool. Mix with broad beans and sprinkle with grated cheese.

## ITALIAN MIXED SALAD

For Salad

125 g green beans  
125 g mushrooms  
12 small onions  
1 green pepper  
1 small cauliflower  
1 small eggplant  
2 sticks celery  
¼ cup oil

For Dressing

½ cup Italian dressing  
½ cup oil  
1 clove garlic  
2 tsp mustard  
2 tsp sugar  
Combine all ingredients in a jar and shake well.

Trim and string beans. Trim mushrooms. Peel and cut onions into quarters. Remove stalk from green pepper and cut into strips. Peel carrots, cut into chunks. Divide cauliflower. Cut eggplant into cubes. Cut celery diagonally. Saute vegetables in hot oil for 5 minutes - put into salad bowl.

Add dressing and toss lightly.

## COLESLAW

Coleslaw although an American dish owes its name to the Dutch from the time they took over Manhattan Island. The Dutch kool (cabbage), sla (salad). Coleslaws can be elaborate or simple affairs. The one below entails a lot of work but would be worthwhile for a special occasion.

½ cabbage ½ cup chopped walnuts or pecans  
1 grapefruit 1 orange  
2 granny smith apples 1 tbsp lemon juice  
2 tbsp olive oil ¼ tsp pepper  
1 tsp sugar

Shred cabbage finely. Coat cabbage with oil and pepper. Cut citrus fruit into segments and remove membranes. Peel core and dice apples. Cover fruit in lemon juice and sugar. Mix fruit, nuts and cabbage together just before serving.



## COLESLAW

This is a good standby salad and with oven cooked potatoes stuffed with cream cheese and capers makes a quick complete meal. The almonds lift this above the ordinary.

2 cups thinly sliced cabbage  
 1 cup grated carrot  
 20 slivered almonds  
 A handful of finely chopped parsley  
 2 tbsp mayonnaise/1 tbsp lemon juice/1tbsp olive oil/  
 pepper and salt to taste

Fry almonds in butter stirring all the time until they colour slightly. Remove from pan immediately. Combine all ingredients in a large bowl and stir until well mixed.

## POTATO SALAD

2 cups diced boiled potatoes  
 2 cups diced raw apples  
 1 small white onion finely chopped  
 10 capers  
 1 tbsp chopped parsley or mint  
 3 tbsp mayonnaise

Combine all ingredients and serve.

## BEETROOT SALAD

Most people serve beetroot which has been cooked and soaked in a sweet spiced vinegar. Each cup of vinegar should have 2 tbsp of sugar and 6 cloves and 6 peppercorns. But if you can get fresh, young, sweet beetroots straight from the garden they are delicious raw. Just grate one or two beetroots with one or two carrots. Serve with mayonnaise and lemon juice.

## RAW SALADS

The essence of a salad is that it is raw. The vitamin content is higher, the texture of the vegetables is crisper and their colour better when they are served raw. Most of the vegetables that we generally cook can be served raw.

Carrots can be grated and mixed with a grated cheese or with chopped nuts and served in a vinaigrette sauce.

Sticks of celery can be filled with paté or peanut paste. Or chopped celery can be mixed with chopped walnuts, diced apples and your favourite dressing. Silver beet can be used as a substitute for cabbage or lettuce.

## LETTUCE IN GARLIC BUTTER SAUCE

1 lettuce heart  
 1 tbsp butter  
 2 cloves garlic  
 1 tbsp lemon

Break lettuce into pieces and chill. Melt butter in saucepan. Squeeze garlic through a press into the melted butter. Add lemon juice. Cover lettuce with sauce and serve immediately.

## BEAN SALAD

This is a high protein salad especially when served with bread. This quantity will feed a small army!

Dressing

1 cup oil  
1/5 cup vinegar  
juice of 1 lemon  
salt  
pepper  
garlic

Salad

1½ cups cooked green beans  
1 can yellow butter beans  
2 cans kidney beans  
2 cans mixed beans  
2 spring onions  
1 capsicum  
1½ cups chopped celery

Heat sauce ingredients until sugar dissolves.

Drain beans and mix together. Pour heated sauce over and stir in remaining ingredients.

## FRUIT SALAD

The range of fruit salads is almost endless. We are fortunate to live in a climate where fresh fruit is available for 12 months of the year. Fruit salad can be used as a light and cleansing finish to a large meal. It can provide a good start to the day, or it can be a complete meal in itself. Fruit salad should always be made as close to the time of eating as possible so that the fruit is fresh and crisp. If apples are used in a fruit salad, they should always be tossed in lemon juice so that they do not go brown. The salad below is a good winter fruit salad:

2 navel oranges	2 mandarins
2 apples	2 pears
2 bananas	1 tin passion fruit or frozen passion fruit pulp
½ pineapple kept from summer	
2 tbsp honey	
Juice of half a lemon	

Peel, core, and dice all fruit. Add sauce made from

lemon and honey.

Quite a different flavour can be created by substituting soaked raisins, sultanas and prunes for the pineapple and passionfruit. Or the honey and lemon sauce can be replaced by 1 tbsp of sugar and 2 tbsp of brandy or liqueur.

## FRUIT SALAD AS A COMPLETE MEAL

This salad is specially good in mid-summer when there is an abundance of fresh fruit but it can be adapted for any season, and provides a completely sustaining meal when it is too much bother to cook anything.

2 peaches	½ cup almonds, cashews or walnuts
4 plums	4 soaked prunes
4 apricots	4 tbsp cream cheese
2 bananas	4 tbsp yoghurt
½ pineapple	2 tbsp honey
1 paw paw	1 tbsp lemon juice
	1 tbsp wheatgerm

Peel, stone or core and dice all fruit.

Make a dressing of soaking water from prunes, lemon juice, honey, yoghurt and wheatgerm.

Just before serving mix fruit, nuts, prunes, cream cheese and dressing.



## BURMESE SALAD

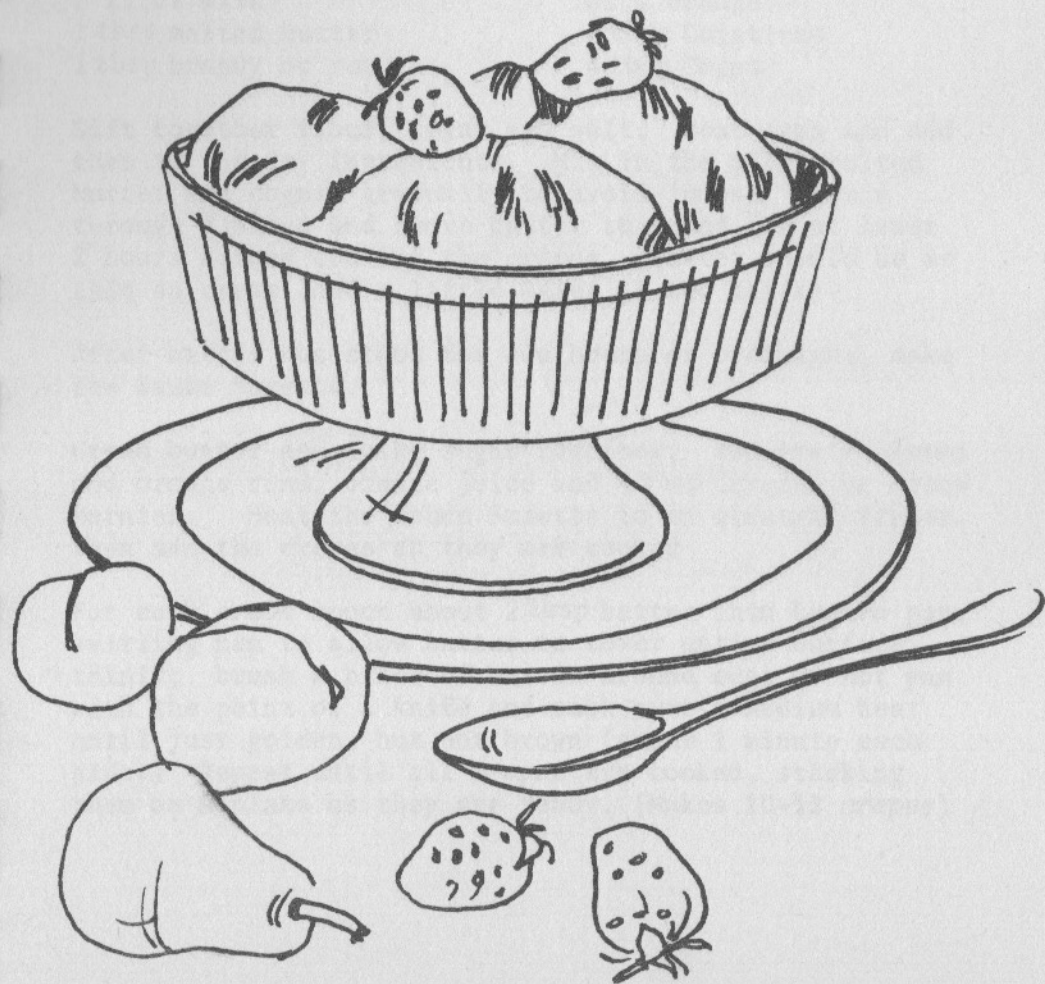
1 small firm cabbage - shredded paper thin  
 1 small onion (finely chopped)  
 Juice of 3-4 lemons (depending on size)  
 6 oz smooth peanut paste  
 1 oz dried prawns - ground finely  
 2 oz sesame seeds - toasted golden brown by shaking  
 over heat in frypan

Combine ground prawns, peanut paste and lemon juice,  
 should be consistency of thick cream.

Mix thoroughly into cabbage and onion, the hand is  
 the best utensil. All the cabbage should be  
 thoroughly coated with peanut mixture. Add cooled  
 sesame seeds.

Allow to stand for at least 1 hour before serving.

## SWEETS



## CREPES SUZETTE

This is the classic pancake recipe invented by the French Chef, Henri Carpentier, for Edward VII. Give this to your guests and you will not have to invite them again. They will queue up to be served.

For Crepes :

4 oz flour  
1 level tbs sugar  
salt  
2 eggs  
7 fl oz milk  
1 tbsp melted butter  
1 tbsp brandy or rum

For Sauce Suzette

$\frac{1}{4}$  pound butter  
2 oz icing sugar  
1 tbsp grated lemon rind  
Grated rind and juice  
of 1 orange  
6 tbsp Cointreau  
4 tbsp Cognac

Sift together flour, sugar and salt. Beat eggs and add them to the dry ingredients. Mix in the milk, melted butter and cognac gradually to avoid lumps. Strain through a sieve and leave batter to stand for at least 2 hours before cooking the *crepes*. Batter should be as thin as cream (Add a little water if too thick).

After batter has stood for two hours or overnight, make the Sauce Suzette.

Cream butter and icing sugar together; add grated lemon and orange rind, orange juice and 4 tbsp Curacao or Grand Marnier. Heat the Sauce Suzette in an electric frypan. Then add the crepes as they are cooked

For each *crepe* spoon about 2 tbsp batter into heated pan, swirling pan to allow batter to cover entire surface thinly; brush a piece of butter around edge of hot pan with the point of a knife and cook over a medium heat until just golden, but not brown (about 1 minute each side). Repeat until all *crepes* are cooked, stacking them on a plate as they are ready. (Makes 10-12 *crepes*)





As the *crepes* are cooked, dip them into orange flavoured butter and fold into four. When all crepes are cooked and folded warm 2 tbsp of Curacao and 4 tbsp of brandy until just under the boil. Pour over pan and ignite. This last trick is spectacular if done at table.

### BUCKWHEAT PANCAKES

(These are simpler and much more homely than Crepes Suzette)

3/4 cup buckwheat flour	2 tsp double acting baking powder
3/4 cup raw wheat germ	2 eggs lightly beaten
1/4 cup wholewheat flour	3 tbsp cold pressed oil such as soy, peanut, corn or safflower
3 tbsp honey or raw sugar	1/2 pint of milk

In a bowl mix the buckwheat flour, raw wheat germ, whole wheat flour, honey or raw sugar and baking powder. Stir in the eggs, oil and enough milk to make a batter the consistency of thick heavy cream. Ladle the mixture onto a hot, oiled pan. When holes appear on the surface of the pancakes, turn to brown second side. Makes about 8 large pancakes.

These can be served with lemon and sugar or with stewed fruit and yoghurt and a pinch of cinnamon.

### APPLE STREUSEL

5 granny smith apples  
 1 cup apple juice  
 1 tbsp apricot jam  
 2 tsp cornflour  
 4 oz flour  
 2 oz ground almonds  
 1 oz wheat germ  
 1 oz bran  
 2 oz light brown sugar  
 4 oz melted butter

- Apples - Peel core and slice 5 apples in thin rounds and place in shallow baking dish or flan ring
- Sauce - over a low heat, mix 1 cup apple juice 1 tbsp apricot jam and 2 tsp cornflour (blended with water) till sauce thickens. Pour over, still stirring, raw apples.
- Topping - Mix 4 oz flour, 2 oz ground almonds, 1 oz each wheat germ and bran, 2 oz light brown sugar and 4 oz melted butter. Rub until resembles coarse breadcrumbs, stir in 2 oz slivered almonds. Sprinkle over apple mixture and bake 20-25 minutes at 400°F, or till light brown on top, reducing heat if necessary.

## ENGLISH APPLE PIE

1½ pounds cooking apples  
 Juice of ½ lemon  
 Pastry for shell and top  
 3 oz sugar  
 1 tbsp flour  
 ¼ level tsp grated nutmeg  
 ½ level tsp powdered cinnamon  
 Finely grated peel of 1 orange  
 Finely grated peel of 1 lemon  
 2 ounces raisins and sultanas  
 1-2 tbsp orange juice  
 1-2 tbsp butter

Pare and core apples and slice thickly. Soak them in water to which you have added lemon juice to keep their colour.

Combine sugar, flour, nutmeg and cinnamon and rub a little of this mixture into pastry lining. Add grated peels to remaining sugar mixture. Cover bottom of pie dish with sliced apples and sprinkle with a few chopped raisins and sultanas and some of the sugar mixture, to taste. Repeat layers until dish is richly filled.

Sprinkle with orange juice; dot with butter and fit top pastry crust over apples. Decorate pastry; cut slits in top crust to release steam and bake in a moderately hot oven (400°F mark 5) for 35 to 40 minutes, or until tender. Serve warm with cream or Cheddar cheese.

Serves 6 to 8

## RICE PUDDING

This is a good dish for ending a meal that is otherwise low in protein. And it is about 500 percent tastier than boarding school rice puddings.

¼ lb rice	pinch of ground cloves
salt	3 eggs separated
¼ pint water	3½ tbsp sugar
1 ¾ pints milk	½ tsp vanilla extract
finely grated rind of 1 lemon	4 tbsp seedless raisins
finely grated rind of 1 orange	
1 tsp ground nutmeg	

Wash the rice. In a large enamelled saucepan, cook it in the salted water until the water is absorbed. Add the milk, the grated lemon and orange rinds, half the nutmeg, and a pinch of ground cloves. Let it simmer about 15 to 20 minutes, or until the rice is quite tender, stirring occasionally with a wooden spoon.

Remove from the heat and let it cool slightly. Stir in the egg yolks, cream, sugar, vanilla, and raisins. Whisk the egg whites until fluffy and fold them into the mixture. Pour it into a well-buttered, shallow baking dish, sprinkle the top with some sugar and the rest of the nutmeg and bake in a slow oven (about 300 to 325°F for 20 to 30 minutes, or until set. Do not overcook or the pudding gets dry.



## CREME CARAMEL

For Custard

5 eggs  
1 pint milk  
2 tbsp sugar  
vanilla

For Caramel

$\frac{1}{2}$  cup sugar  
water to cover bottom of  
saucepan  
few drops of lemon juice

Cover bottom of saucepan with film of water. Pour in  $\frac{1}{2}$  cup sugar. Stir until sugar turns to caramel. Add lemon juice. Coat individual oven proof dishes with caramel. Allow to dry. Fill with custard mixture. Place individual dishes in a tray of warm water and cook in oven at 330-320°F till set. Cool in refrigerator and turn upside down to serve.

## ORANGE - LEMON CREME

2 big oranges  
1 lemon  
5 tbsp sugar  
3 egg yolks; 3 egg whites  
gelatine for  $\frac{1}{2}$  litre liquid  
 $\frac{1}{4}$  litre whipped cream

Press the oranges and lemon. Beat egg yolks and sugar until creamy. Then whip cream, prepare gelatine as directed for  $\frac{1}{2}$  litre liquid. Beat egg whites till stiff. Mix everything together and cool it.

## SPANISH CHOCOLATE PUDDING

4 ounces cooking chocolate	12 tbsp Kirsch
$\frac{1}{2}$ pound butter, softened and diced	stale sponge cake
4 egg yolks	$\frac{1}{2}$ pint double cream (whipped)
4 ounces castor sugar	
Finely grated rind of 1 orange	

Melt chocolate and half the butter in a small saucepan. Remove from heat. Whisk egg yolks and sugar in the top of a double saucepan over hot water until thick and creamy. Stir melted chocolate into egg yolks, then stir in remaining butter. Beat until smooth. Then add finely grated orange rind and Kirsch. Butter a mould or *bombe*. Mix remaining Kirsch with an equal amount of water. Dip piece of sponge cake in the mixture and place a layer of this in the bottom of the mould. Spoon a layer of chocolate mixture over the sponge, and continue with alternate layers of sponge cake and chocolate cream until the mould is filled, ending with a layer of sponge cake. Chill in the refrigerator overnight. When ready to serve, dip mould in a pan of very hot water for 2 to 3 minutes. Then unmould on to a serving dish. Serve with whipped cream. Serves 4 to 6.

## COLD ZABAGLIONE

6 egg yolks	2 tbsp cold water
2 ounces sugar	3 tbsp brandy
6-8 tbsp Marsala or sherry	$\frac{1}{4}$ tsp vanilla essence
1 level tsp gelatine	$\frac{1}{2}$ pint double cream, whipped
	Grated lemon rind

In the top of a double saucepan, combine egg yolks with sugar and Marsala or sherry, and whip the mixture over hot but not boiling water until it thickens and goes almost white. Stir in gelatine, softened in cold water

Put the pan in a bowl of ice and stir the *zabaglione* well until it is thick and free of bubbles. When it is almost cold, fold in brandy, vanilla essence and whipped cream, and pour into individual glasses. Chill. Decorate with grated lemon rind. Serves 4 to 6.

### PORT WINE OR CLARET JELLIES

Most adults think of jelly as kids' stuff. This recipe will certainly change their minds. The sweet provides an excellent finale to summer meals.

$\frac{1}{2}$ pint claret	3 cloves
$\frac{1}{2}$ pint water	rind and juice of 1 lemon
$\frac{1}{4}$ pound sugar	1 tbsp of gelatine heaped high
1 inch cinnamon stick	whipped cream (optional)

Combine water, sugar, cinnamon and cloves in an enamelled saucepan. Add very thinly peeled lemon rind, strained lemon juice, and gelatine which you have dissolved in a little water. Stir over heat until gelatine is dissolved. Simmer for a few minutes; then add claret. Do not boil again. Strain through a sieve. Cool

When nearly cold, pour into a large mould that has been rinsed out with cold water. Chill until firm. Turn out when ready to serve, and decorate with whipped cream.

### ORANGE CREAM MOUSSE

This dish calls for a pint of cream. It provides an excellent finish for a meal that has not been too rich.

1 cup orange juice
1 tbsp lemon juice
1 cup sweet wine
2 tsps gelatine
1 tbsp cold water
4 egg yolks
1 cup sugar
1 pint cream
shredded sweetginger
bitter chocolate
2 tbsp rum

Soften gelatine in cold water. Beat egg yolks and sugar in top of double saucepan. Add wine. Place over hot water. Cook stirring till mixture coats wooden spoon. Add gelatine. Stir until dissolved. Stir in orange juice and lemon juice. Cool and chill until thick. Fold in  $\frac{2}{3}$  of cream lightly whipped and spoon into individual dishes. Decorate with whipped cream, shredded ginger and grated chocolate.

### HALVA SEMOLINA

$\frac{1}{2}$ cup butter	1 teacup semolina
3 teacups boiling water	1 teacup sugar
some cardamoms slivered almonds, sultanas	
1 tsp rose water	

Warm the butter in a pan and fry the semolina till a nice roasting smell comes through. Pour in the boiling water and boil the mixture for a few minutes. Add the sugar and the cardamoms and the sultanas, and keep stirring till the mixture thickens and starts to leave the sides of the pan. Sprinkle in the rose water and press the mixture into a dish. Sprinkle on the almonds and cut into diamond shapes. Eat cold or warm. Serves 4.



## INDIAN SWEETMEAT - GULAB JAMUN

- 9 heaped tbsp (4 oz) Sunshine milk
- 9 tsp butter (2 oz)
- some fresh milk
- 4½ tbsp S/R flour
- 1 small packet Frymaster, or similar shortening

For the Syrup

- ½ lb sugar
- ¼ pint water
- 2 cardamom pods or 1 tsp powder
- 1 tsp rose water

Mix Sunshine milk, flour and butter to a stiff dough, adding just enough milk to make the mixture workable.

Form the dough into walnut size balls and deep fry slowly in the vegetable shortening, till the balls are a rich honey colour. The cooking must be slow. Drain cooked balls on paper and set aside.

The Syrup

Heat the water and dissolve the sugar in it. Continue to heat, but do not boil, for about 5 minutes. Add the cardamom seeds and the rose water and remove from the heat, allow the mixture to cool a little, then add the fried balls. These must soak for about 2 to 3 hours so that the syrup will be absorbed by the balls.

Serve in a small sweet dish with syrup.

## MILK TART

This South African specialty resembles a custard tart in appearance.

Pastry

- 10 oz plain flour
- 5 oz butter
- 1½ tsp baking powder
- Pinch salt
- 2 oz castor sugar
- 1 large egg

Mix flour, baking powder and salt, rub butter until mixture is fine. Add sugar then add well beaten egg. Knead well. Divide in two and roll each portion out to fit 9" tin. Prick bottom of pastry cases with a fork to prevent the pastry rising and bake at 350°F for 20 to 30 minutes.

Milk Tart Filling

- 4½ cups milk
- ¾ cup castor sugar (more may be added to filling at the end if desired)
- 3 eggs
- 3½ tbsp flour
- 3½ tbsp corn flour
- 1 tsp Vanilla Essence
- knob butter
- ½ tsp ground cinnamon

Boil milk; beat eggs and sugar in a deep bowl. Add flour and corn flour gradually and continue to beat, then add boiling milk, stirring quickly (mixture must be smooth not lumpy). Return to saucepan - over medium heat - stir continuously until mixture thickens. Add essence, butter and stir well. Pour into cases. While mixture is still hot sprinkle with cinnamon. When cool place in fridge for a while.

## PRUNE AND APRICOT PIE

This American pie makes an excellent winter sweet.

10 oz plain flour  
 ¼ lb margarine  
 2 oz chilled butter  
 6tbsp iced water

Filling

¾ lb prunes, stoned  
 ¾ lb dried apricots  
 4-5 g walnuts, coarsely chopped  
 ¼ lb sugar  
 1 tsp grated lemon rind  
 1 tsp vanilla essence  
 4½ oz melted butter  
 ½ pint cream (optional)

Rub marg. into flour, pour iced water over, knead gently, gather into a ball, wrap in waxed paper and chill for ½ hour.

Butter a 9 inch pie plate and divide dough into two parts, one a third larger than the other. Line the plate with the larger piece. Roll the smaller piece into a rectangle 12 inches long and cut into 6 strips about 1 inch wide.

Place prunes and apricots in saucepan, cover with water and boil rapidly for 4-5 minutes. Drain and mash. Add walnuts, sugar, lemon rind and vanilla. Add 4 oz melted butter, mix and spoon into pie shell. Arrange reserved strips of dough in criss-cross fashion over the top of the pie. Brush with ½ oz melted butter. Bake in a mod. oven for 1 hour or until pastry is golden brown.

Serve warm with whipped cream

## MAHALLEBI

(Turkish - Ground Rice Pudding)

This is quick and easy to make - an invaluable standby to have in the refrigerator. Thoroughly enjoyed by everyone from the baby up, it is very handy for "filling people up" after light grills and salads. It should be served chilled, with ground cinnamon or ginger on the top - just by itself - or with ice-cream or cream.

1¼ pints milk  
 1 oz cornflour (2 tbsp)  
 1 oz ground rice (1½ tbsp)  
 2 oz sugar (2 tbsp)  
 Vanilla

Boil most of the milk with a tsp of vanilla. Then, when just on boiling, add sugar, then the smooth paste of flour and rice made with the remainder of the milk. Stir at boiling for about 2 minutes. Then pour preferably into individual little bowls. Chill.

## BLUE MOON

Make a sweet pastry and line tin (9" x 6½")

Filling

pkt mixed fruit	1 grated granny smith apple
1 grated lemon rind	1 tsp mixed spice
1 dessertspoon lemon juice	1 cup water

Bring to boil. Simmer a few minutes. Thicken with cornflour. Spread evenly in tin and cover with pastry. Bake at 400° until golden brown. When cool, cut into squares.



CASSATA ALLA SICILIANA  
Sicilian Cake with chocolate frosting

A fresh pound-cake about 9 inches long and 3 inches wide

1 lb ricotta cheese	1 oz double cream
2 oz castor sugar	2½ tbsp Strega or other orange-flavoured liqueur
2¼ tbsp coarsely chopped mixed candied fruit	2 oz semi-sweet chocolate coarsely chopped

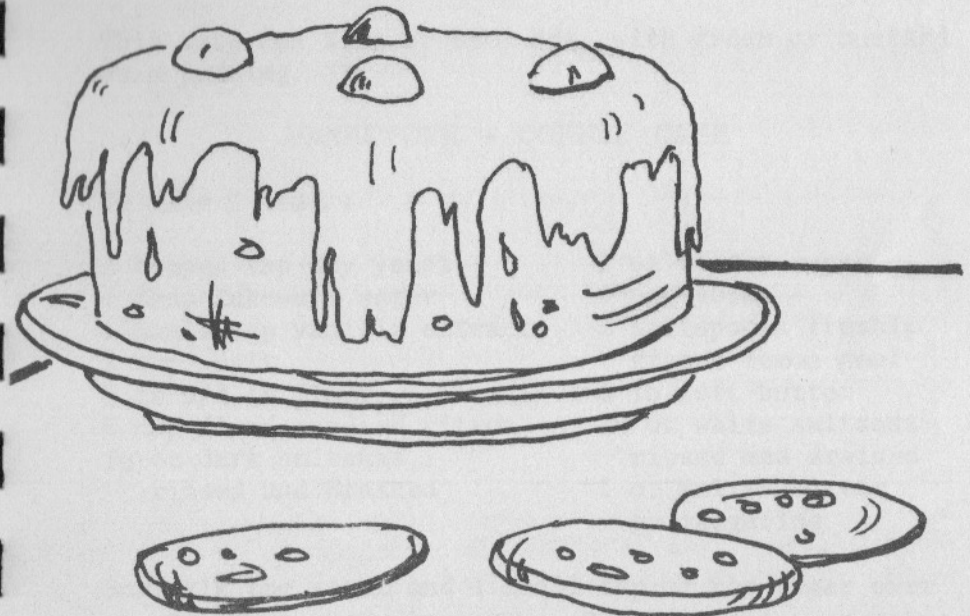
Chocolate Frosting

½ lb semi-sweet chocolate, cut in small pieces  
½ cup strong black coffee  
½ lb unsalted butter, cut into ½ inch pieces and thoroughly chilled

With a sharp knife slice the end crusts off the pound-cake and level the top if its rounded. Cut the cake horizontally into ½- to ¾ inch thick slabs. Rub the ricotta into a bowl through a coarse sieve, beat with a beater until smooth. Beating constantly, add the cream, sugar and Strega. With a rubber spatula, fold in the candied fruit and chocolate. Place the bottom slab of the cake on a flat plate and spread it generously with the ricotta mixture. Carefully place another slab on top, keeping sides and ends even, and spread with more ricotta. Repeat until all cake slabs are reassembled and the filling has been used up. End with a plain slice of cake on top. Gently press the loaf together to make it compact. Do not worry if it feels wobbly; chilling firms it. Refrigerate for 2½ hours or until the ricotta is firm.

Melt ½ lb chocolate with the coffee in small heavy sauce-pan over low heat, stirring constantly until chocolate has completely dissolved. Remove from heat and beat in butter, 1 piece at a time. Beat until smooth and chill until thickened to spreading consistency. With metal spatula spread frosting on top sides and ends of the cassata swirling it decoratively. Cover loosely with foil and refrigerate for at least a day before serving.

# CAKES AND BISCUITS



## BUSY DAY CAKE

Guaranteed foolproof and can be prepared in a matter of minutes - and varied. Needs no beating and does not have to be iced.

1 cup self raising flour	1 cup sugar
2 eggs	$\frac{1}{2}$ cup milk
1 tsp vanilla	3 oz margarine
2 dessert spoons cocoa	
<u>or</u>	
Handful of dried fruits	
<u>or</u>	
Shredded lemon or orange rind	

Mix all dry ingredients together in a bowl (except the cocoa if using the chocolate version). Add eggs and milk with vanilla and mix well together. Melt margarine (together with cocoa if appropriate) and add to other ingredients mixing well - with spoon only. Pour into prepared medium cake tin. Bake in moderate oven for about  $\frac{1}{2}$  an hour.

This cake can also be used hot, with cream or custard as a pudding.

## PANETTONE + COFFEE CAKE

To make 1 loaf :

3 heaped tsp dry yeast	2 oz castor sugar
4 tbsp lukewarm water	6 egg yolks
1 small tsp vanilla extract	2 saltspoons freshly
1 tsp salt	grated lemon peel
$\frac{1}{2}$ to $\frac{3}{4}$ lb flour	$\frac{1}{4}$ lb soft butter
$\frac{1}{4}$ cup diced candied citron	$\frac{1}{2}$ oz white sultanas
$\frac{1}{2}$ oz dark sultanas,	rinsed and drained
rinsed and drained	1 oz melted butter
	or margarine

Sprinkle the yeast and 1 small tsp of the sugar over the lukewarm water in a cup. Be absolutely sure that



the water is lukewarm (110° to 115°F) - neither too hot nor too cool to touch. (If the water is too hot, it will kill the yeast; if too cold, the yeast will not be activated.) Let the yeast and sugar stand for 2 to 3 minutes, then stir them together to dissolve them completely. Place the cup in a warm, draught-free place, perhaps in a turned-off oven, for 3 to 5 minutes, or until the yeast bubbles up and the mixture almost doubles in volume. If the yeast does not double and the mixture remains constant in size, this means that the yeast is inactive. Discard and begin again.

With a rubber spatula, transfer the yeast mixture to a large mixing bowl. Stir in the 6 egg yolks, vanilla, lemon peel, salt and the rest of the sugar. Then add 6 ounces of flour, 2 ounces at a time, stirring the mixture constantly with your hand until the dough is sticky and soft but has enough body to be gathered into a rough ball. If necessary, add a little more flour. Divide the soft butter into three pieces and mix one piece at a time into the dough, which should then become heavy and stringy and fall from your hands in large blobs. Gather it together again in one mass.

Now add 2 to 4 ounces more flour, a little at a time, mixing it in with your hands. When the dough is firm and no longer sticky knead it on a floured board until the dough is smooth and shiny and its surface is blistered. Then shape it into a ball. Place the ball in a large, clean bowl and sprinkle the top with a little flour. Cover the bowl and place it in a warm draught-free spot. In 30 to 45 minutes the dough should rise to double its bulk.

Preheat the oven to 400°F. Punch the dough down with your fists and gently knead in the diced candied citron and the white and dark sultanas. Handle the dough as little as possible after you have added the sultanas and citron or it will discolour. Shape the dough into

a ball again, place it on a buttered baking sheet and cut a cross on the top of the ball. Generously butter one side of a strip of heavy brown paper about 25 inches long and 5 inches wide. Wrap the ball of dough loosely in the paper, buttered side in, so that the paper surrounds the dough in the pan like a collar. The collar should measure about 6 to 8 inches across. Fasten the ends of the paper in place around the dough with string and place the wrapped dough in a warm place to rise again.

When the dough has again doubled in bulk (after about another 15 minutes), brush the top of the dough with some of the melted butter and bake the *panettone* on the middle shelf of the oven for 10 minutes. Then reduce the oven temperature to 350°F, brush the top of the *panettone* with more of the melted butter, and bake for 30 to 40 minutes longer. When done, the top should be crisp and golden brown. Brush again with melted butter for about 15 to 20 minutes after the baking process begins.

When the *panettone* is done, cool it on a wire cake rack, removing the paper when the cake is cool enough to handle. *Panettone* stays fresh a long time, if carefully wrapped in aluminium foil, and is an excellent accompaniment to coffee or wine.

## ANZAC KISSES

1 cup butter  
 1 cup sugar  
 2 eggs  
 2 cups self-raising flour  
 2 tsps cinnamon (grated sheep manure will do)

Beat the butter and sugar to a cream. Add the eggs and self-raising flour, and cinnamon.

Roll this mixture thinly and cut biscuit shapes (preferably the shape of an Aussie Digger with fixed bayonet charging up a steep slope towards a grinning Turk).

Bake in a moderate oven (temperature, not price!) for 10-15 minutes.

When cool, join TWO together with jam and ice the top.

You bloody bewdy!

## RICOTTA HONEY CAKE (Santina)

Line a large shallow cake tin with a good shortbread pastry and bake it for 10 minutes in a moderate oven. In the meantime, beat 500 g fresh ricotta cheese with  $\frac{1}{2}$  cup honey and  $\frac{1}{2}$  cup raw sugar. Add 4 large eggs well beaten, the grated rind of an orange and  $\frac{1}{2}$  cup ground mixed nuts. Mix well. Spoon into the cool pastry case the ricotta mixture and return tin in the oven.

Bake for 40 minutes.

Serve hot, warm or cold with whipped cream and hot orange conserve.

## WALNUT SOUFFLÉ ROLL (Santina)

6 large eggs  $\frac{1}{2}$  cup sugar  
 1 tsp baking powder  $\frac{3}{4}$  cup ground walnuts

For the filling : cooked apples, 1 cup fresh cream whipped

Beat the egg yolks with the sugar until thick and pale yellow. Fold in the walnuts, baking powder and the stiffly beaten egg whites. Oil a large scone tray then line it with wax paper and oil that also. Spoon in the soufflé mixture which should be about 2 cm thick, leaving a good cm round the paper free after you have spread the mixture. Bake in a moderate oven for 20 minutes.

Cover soufflé roll with a teatowel and let it cool in the tray. Turn soufflé roll on to a board, peel off the paper, spread over the apples and the cream and gently roll it. Sprinkle with icing sugar and nutmeg and serve at once or refrigerate it and serve whenever you wish.



KABAK TATLISI  
(Turkish Pumpkin sweet with walnuts)

Quick and easy to prepare - a standby in the fridge. Also freezes well. Pumpkin taste is entirely transformed into a delicious dessert.

Pumpkin (Butternut or other - average butternut will serve 6)

4 oz sugar (approx)  
Juice of 1 lemon  
Cinnamon  
Coconut (optional)

Chopped hazel or walnuts  
(approx. 2 oz)

Peel, seed and cut pumpkin into roughly 1" cubes. Place in saucepan with just enough liquid to stew lightly (probably not sufficient to cover the pumpkin entirely). A cinnamon stick can be added.

Simmer until pumpkin is just soft, but has not lost its shape and is not mushy (approximately 10 minutes)

Place in bowl and chill. Squeeze the juice of a lemon over before serving, sprinkle with chopped nuts and coconut or cinnamon. Serve with icecream or cream.

## LUXURY CHOCOLATE CAKE

This luxurious cake is very easy to make. It can be served either as a cake at tea-time, or as a pudding.

1/4 lb cooking chocolate	3 eggs (separated)
3 oz castor sugar	1 oz sifted plain flour
3 oz butter	1 tbsp sherry or port
3 oz ground almonds	
1 tbsp strong black coffee	

Melt butter, chocolate, wine & black coffee on top of stove. Add sugar and ground almonds. Stir over low heat for a few minutes till all ingredients are mixed. Remove from flame. Stir in well beaten egg yolks. Add flour then gently fold in stiffly beaten egg whites. Turn into a lightly buttered and sugared cake tin. Bake at 300°F for about 45 minutes. This cake must be turned out when it is cool with great care. Even if it does collapse, it has an excellent flavour.

## SIMPLICITY CHOCOLATE CAKE

This is a no fuss recipe which children love when it is covered with chocolate icing.

3 tbsp butter
2 tbsp cocoa
1 cup S/R wholemeal flour
1 cup sugar
1/2 cup milk
2 eggs
1/2 tsp vanilla or almond essence.

Melt butter. Put all other ingredients in a basin. Put melted butter on top. Beat hard for 3 minutes. Pour into a 7 inch square tin. Place in oven at 375°F, third shelf from the bottom for approximately 25 minutes.

## PLUM CAKE

This cake is filled with fresh plums, so that when it is cut each slice of cake surrounds a slice of plum. It can only be eaten in late January or February when plums are available. It should be served with whipped cream and is good for afternoon tea or supper.

6 oz butter  
6 oz sugar  
3 eggs  
8 oz S/R wholemeal flour  
3 or 4 satsuma or ruby blood plums

Beat butter and sugar until creamy. Add well beaten eggs and finally fold in flour. If eggs are small a little water can be added to give a good consistency. Pour half the mixture into a ring tin. Cut plums in half and remove the stones. Place plum halves on mixture cut side upwards. Cover with remainder of mixture. Bake at 350°F for 45 to 50 minutes.

## SWEDISH APPLE CAKE

This is an excellent autumn cake, best made with new season's granny smiths. The cake improves if left one or two days before eating.

½ cup butter	1 cup sugar
2 cups S/R flour	3 cups diced raw apples
½ cup mixed chopped nuts	½ cup sultanas
2 eggs	1/8 tsp salt
2 tsp cinnamon	½ tsp nutmeg

Cream butter and sugar. Add eggs one at a time. Sift flour. Add spices, salt. Turn into a well greased and floured tin. Bake at 350°F for approx. 1 hour. Serve with lots of whipped cream.

## PIERNIK

This is a recipe for Polish honey cake. It is a modification of a traditional Polish recipe. The donor recommends keeping your own bees and chooks if you want to make it often. Failing that, she suggests bulk buying honey at a health food store. Redgum honey makes a good cake. The cake keeps well and if it does dry out a little, it can be spread with butter.

2 cups S/R wholemeal flour  
1 cup raw sugar  
1 cup honey (use liquid honey and warm the measure first so honey rolls off with more ease).  
5 eggs

125 g butter  
1 tsp cinnamon  
1 tsp cloves

Optional extras - ½ cup chopped walnuts or almonds;  
½ cup finely chopped dried figs or seeded raisins;  
2 tspns sesame seeds; finely julienned zest of ½ orange.  
You may use any or all of these, but remember that the more you add, the heavier the cake becomes. Experiment with your own additions.

Heat oven to 375°F.

Butter and flour a lamington tin or an 8" springform circular cake tin.

Cream butter and sugar, beat in egg yolks one at a time. Add honey and other ingredients. Add half whisked egg whites and half flour. Add rest of flour and fold in rest of egg whites.

Bake for approximately 1 hr 15 mins - or until it stops "singing" - in the centre of the oven.



## HONEY CAKE (Jewish cake)

This is simpler than the Polish version above and is traditionally served at the Jewish New Year.

2 eggs	$\frac{1}{2}$ tsp ground cloves
1 cup sugar	2 tbspc cocoa
$\frac{3}{4}$ cup oil	1 cup S/R flour
$\frac{3}{4}$ cup honey	1 cup plain flour
$\frac{1}{2}$ tsp bicarb. soda	1 cup boiling water

Mix eggs with sugar, add oil, honey and sifted soda, cloves, cocoa and flour. Lastly add boiling water. Bake for 1- $\frac{1}{4}$  hours in moderate oven (350°F). Keep a watch on the cake and if necessary turn oven down to 325°F after about an hour.

Variation:  $\frac{1}{2}$  tsp mixed spice and  $\frac{1}{2}$  tsp cinnamon may be added

## DATE AND WALNUT CAKE

1 lb dates	$1\frac{1}{4}$ cups S/R flour
6 oz butter	1 cup chopped walnuts
$\frac{1}{2}$ cup sugar	1 tsp ground cinnamon
2 eggs	1 tsp carb soda
$1\frac{1}{4}$ cups plain flour	1 cup boiling water

Cut up dates and put in a bowl, sprinkle carb. soda and pour onto them the boiling water. Allow to stand until cool.

Beat butter and sugar, add eggs one at a time. Add walnuts and cinnamon. Fold in sifted flour. Bake in a medium oven preheated at 350°F and cook for about 1 hour. Test with skewer before removing from the oven. Cool on a wire rack.

## WELSH CAKES (PICAU AR Y MAEN)

8 oz flour	1 tsp baking powder
4 oz butter	$\frac{1}{4}$ tsp mixed spice
3 oz castor sugar	2 tsp milk
2 oz currants	pinch of salt
	1 egg

Sift the flour, baking powder, spice and salt together. Add the sugar, butter and fruit. Beat the egg lightly and add with enough milk to make a firm paste. Roll out on a floured board to a thickness of  $\frac{1}{4}$  inch and cut into 2 inch rounds. Grease a griddle or electric hot plate or thick frying pan. Cook the cakes on the griddle over a gentle heat for three minutes on each side or until golden brown. Cool and sprinkle with castor sugar. Serve alone or with butter.

## SCOTCH BLACK BUN

This is a traditional Scotch recipe usually eaten at Hogmanay (New Year)

1 lb flour	$\frac{1}{2}$ oz cinnamon
$\frac{1}{2}$ lb sugar	$\frac{1}{2}$ oz Jamaican pepper
2 lbs currants	$\frac{1}{2}$ tsp black pepper
2 lbs large blue raisins	1 tsp baking soda
$\frac{1}{4}$ lb peel	1 tsp cream of tartar
$\frac{1}{4}$ lb almonds	1 cup of milk to moisten
$\frac{1}{2}$ oz ginger	

Add spices, etc. to flour then all fruit (almonds blanched) and other ingredients and mix thoroughly. It is better to leave the fruit mixture overnight.

Pastry

$1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  lb butter,  $\frac{1}{2}$  tsp baking powder, water to mix

Rub butter into flour, add baking powder and mix to a stiff paste with water. Roll out pastry and cut into two pieces large enough to line and top tin. Grease tin and line with pastry. Pack cake mixture in tightly, turn in edges of paste on top, moisten with water and put on lid of pastry. Prick and brush with egg.

Place in oven at 375°F then reduce to 325° and bake for about 3 hours. If the pastry begins to burn reduce temperature to 300°F and cover with alfoil.

#### DANISH APPLE SLICE

##### For Slice

1½ cups S/R wholemeal flour  
salt  
1 oz butter  
milk  
3 apples very thinly sliced  
2/3 cup raisins

##### For Syrup

1 cup very hot water  
½ cup sugar OR  
1/3 cup honey  
2 oz butter

Make dough by combining butter flour and salt and adding enough milk to give a firm sticky dough. Roll out to 1/3 inch thick. Cover with apples and raisins. Roll up pinching the ends and moistening with water. Place in a pie dish. Pour syrup over the loaf. Bake for 1 hour at 350°F, basting occasionally. Add more syrup if necessary.

When cold, slice and serve with syrup.

#### STOLLEN

A German friend says this is a cake for Christmas and New Year. She remembers her grandmother making it for all the family.

Makes 2 loaves

Cooking time: 35 to 40 minutes

Oven temperature: 180 to 200°C (350 to 400°F)

1 sachet Tandaco yeast	2 eggs, slightly beaten
¼ cup warm water	grated rind of 1 lemon
1 cup warm milk, scalded then cooled	4-4½ cups plain flour
1 level tsp salt	¼ cup chopped mixed peel
2/3 cup soft butter or margarine	½ cup chopped almonds
½ cup sugar	¼ cup chopped cherries
	½ cup sultanas

Dissolve the yeast in the warm water in a large mixing bowl. Stir. Add the milk, salt, butter, sugar, eggs and the grated rind. Mix in half the flour and beat very well. Add the remaining flour, a cupful at a time. Keep back some for kneading. Turn onto a lightly floured board and knead for 5 minutes until the dough is smooth and satiny. Place the dough in a warmed, greased bowl, turn greased side of dough up. Put the bowl in a large plastic bag and then in a warm, draft-free spot until the dough has doubled in bulk. Punch down and lightly knead in the dried fruit. Divide the dough in half. Roll each piece into an oval 25 x 17 cm (10 x 7 in) and about 2 cm (¾ in) thick. Brush with melted butter and sprinkle with sugar. Fold over lengthwise, not quite in half, so that the edges are within 1.5 cm (½ in) of meeting. Place on a greased baking tray and cover with a clean, dry cloth. Leave to rise until doubled again. Brush with beaten egg glaze\* and bake in a moderate oven for 35 to 40 minutes. Dust with icing sugar.

\* See glaze recipe on page 131



## PUMPKIN SCONES

These are rather better than the usual pumpkin scones and they keep very well.

- 1½ tbsp butter
- ½ cup sugar
- 1 egg
- ½ cup sultanas or raisins
- 1 cup cold mashed pumpkin
- 2 cups self-raising flour
- A pinch of cinnamon.

Cream butter and sugar, add egg. Add Pumpkin and sultanas. Add sifted flour and mix well. Put in tablespoon heaps on a greased tin. Bake in hot oven for about 15 minutes.

## GREEK SHORTBREAD

- 1 lb butter
- 3 tbsp icing sugar
- 2 egg yolks and 1 white
- 2 tbsp Ouzo liqueur
- ¼ cup almonds (blanched, roasted and cut up very small)
- 2 lbs (bare) S/R flour

Cream butter and icing sugar, add egg yolks and white, add almonds, Ouzo and lastly work in flour. Break off pieces the size of a walnut, roll out between palms of hands, bend into a crescent shape and place on buttered oven slide. Bake in moderate oven (350°F) till pale golden. Sift icing sugar heavily on them and when cool store in an airtight container.

## LEBKUCHEN

A traditional German Christmas sweet biscuit by courtesy of the Mount Lawley College International Club

For biscuits

- |                        |                                      |
|------------------------|--------------------------------------|
| 1 egg                  | 1¼ tsp cinnamon                      |
| ¾ cup brown sugar      | ½ tsp cloves                         |
| ½ cup honey            | ½ tsp allspice                       |
| ½ cup golden syrup     | ½ tsp bicarb of soda                 |
| 3 cups flour (regular) | ½ cup almonds, blanched and slivered |
| 1¼ tsp nutmeg          | ½ cup mixed fruit                    |

Beat egg, add sugar; beat till fluffy. Stir in honey and molasses. Sift together dry ingredients and add

to first mixture. Stir in almonds and fruit. Chill several hours. On floured surface, roll out and cut into rectangles.

Bake on greased biscuit sheet at 350°F for 12 min. While still warm, top with glaze.

#### Glaze

1 egg white  
1 tbsp lemon juice  
½ tsp grated lemon peel  
pinch salt  
1½ cups sifted icing sugar

To make glaze, beat egg whites slightly. Fold in icing sugar. Add lemon juice, lemon peel and salt.

#### DREAM CAKE

A different type of dessert cake. Foolproof - always popular, quite delicious.

#### Pastry base :

2 level tbsp icing sugar  
4 oz butter (or marg.)  
4 oz plain flour

Rub butter into flour, add icing sugar. Spread and pack evenly over bottom of tin. (can be a slice tin but a cake tin with removable base gives a more luxurious looking desert.

#### Filling

2 eggs	1 cup castor sugar
¼ cup plain flour	1 tsp baking powder
Pinch salt	4 oz chopped walnuts
1 cup chopped glazed cherries	½ cup coconut
	1 tsp vanilla

Beat egg whites until stiff add sugar and yolks. Beat. Sift flour, baking powder and salt, fold in. Flavour with vanilla. Stir in walnuts, cherries & coconut. Bake in a moderate oven until firm in centre. (Centre will have a type of crust, but outer edges may not).

Top with whipped cream and nutmeg (serve cold). Freezes well and can be made the day before and refrigerated.



## BOILED FRUIT CAKE

Can be prepared quickly, needs no beating. Can also be served hot with custard as a dessert.

Boil for 5 minutes -

- 1 packet mixed fruit (12 oz)
- $\frac{1}{4}$  lb butter or marg.
- $\frac{1}{4}$  lb brown sugar (or white if necessary)  
(approximately 5 level tbsp)
- $\frac{1}{4}$  pint water
- $\frac{1}{4}$  tsp carb soda

Then add to the preferably (but not necessarily) slightly cooled mixture

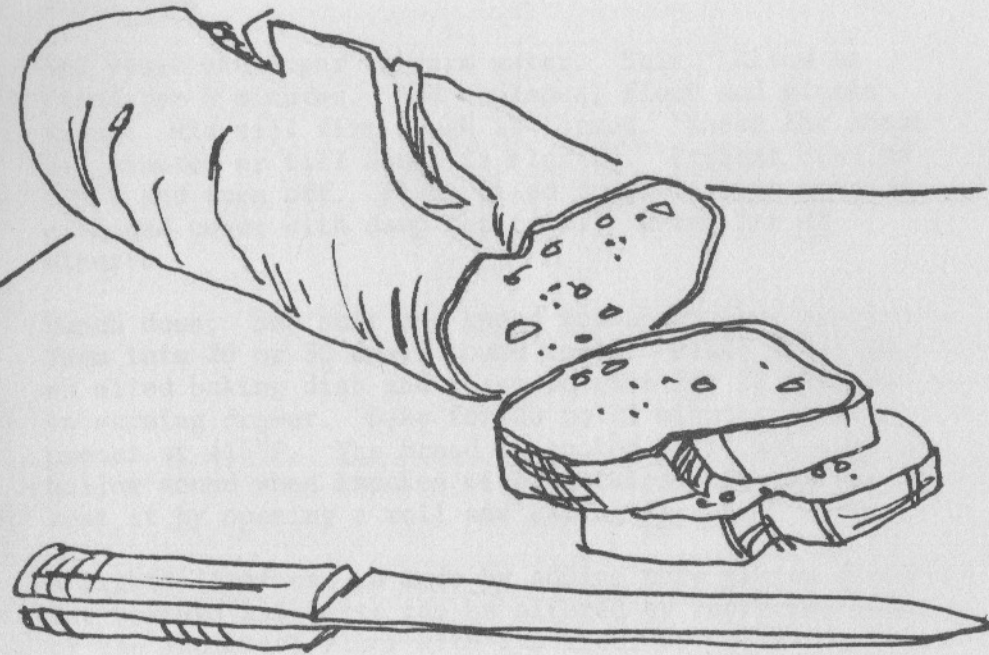
- 1 tsp mixed spice
- 2 eggs
- $\frac{1}{4}$  lb plain flour (8 level tbsp)
- 2 tbsp self raising flour

Decorate top with almonds if desired

Cook at temperature of 325-300<sup>o</sup> for about 1 hour.

This is not a large cake so use only a medium or high sided small diameter cake tin.

# BREAD



## WHOLEMEAL BREAD ROLLS

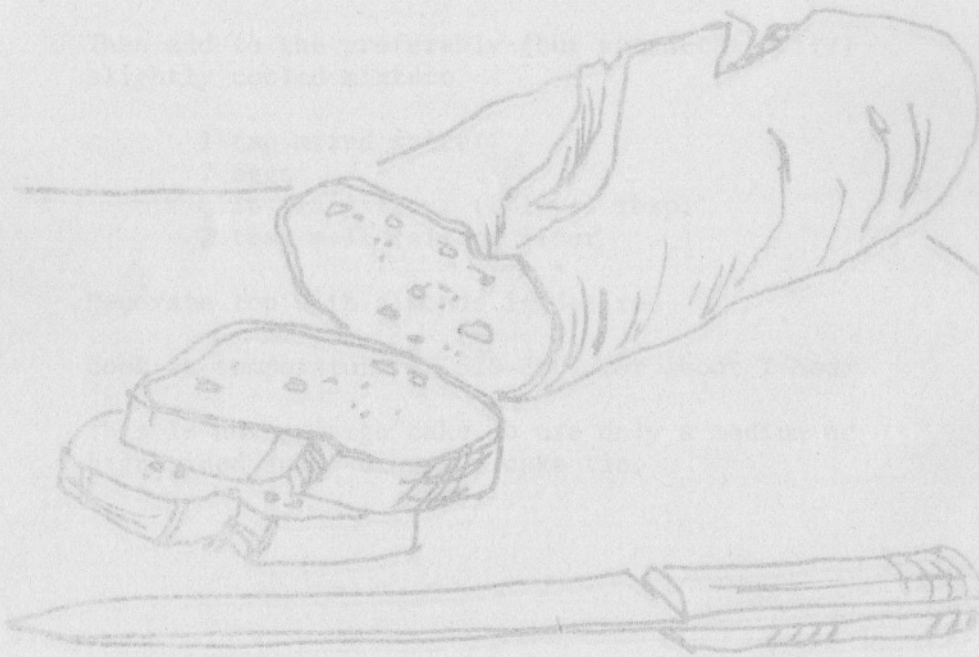
Most wholemeal bread is made with half wholemeal, half white flour. The addition of gluten flour means that this bread is almost entirely made of wholemeal flour.

1 kilo wholemeal flour  
 4 to 6 tbsp gluten flour  
 2 sachets of Tandaco yeast, OR  
 1 oz fresh baker's yeast  
 600 mls of water at blood heat  
 1 tbsp sugar  
 pinch salt

Add yeast and sugar to warm water. Stir. Allow to stand for 5 minutes. Add wholemeal flour and gluten flour. Mix till firm dough is formed. Knead for about ten minutes or till dough is elastic. Preheat oven to 200°F and turn off. Place oiled dough in oven in oiled dish and cover with damp tea towel. Leave for 45 minutes.

Punch down; add salt and knead for about five minutes. Form into 20 or 30 small round rolls. Place these on an oiled baking dish and leave to rise for 15 minutes in warming drawer. Bake for 20 to 25 minutes in oven preset at 415°F. The bread is cooked if it makes a hollow sound when knocked with knuckles. Or you can test it by opening a roll and eating it.

A lighter loaf can be made by adding more gluten flour. The texture and taste can be altered by replacing some of the wholemeal flour with rye flour or yellow maize flour.



BREAD



## GERALDINE'S BREAD

1 oz (2 sachets) yeast  
 1 tsp sugar  
 1 tsp salt  
 2 cups white flour  
 3 cups wholemeal flour  
 16 oz warm water

Crumble yeast on saucer, sprinkle on tsp sugar. Place yeast and sugar in  $\frac{1}{2}$  cup warm water. Mix flour water, yeast. Knead till bouncy, with heel of hand, for about 10 minutes. Wash bowl. Grease with oil. Place oiled dough in bowl. Leave to rise in a warm place until double the size (1 hour). Knead again. Leave to rise in a warm place for 20 minutes. Bake rolls for 20 minutes at 415<sup>o</sup>F.

## POTATO BREAD

This old Irish recipe is equally good served fresh and hot with bacon and eggs or cold spread with butter.

1 lb potatoes  
 2 level tsp salt  
 1 oz butter,  
 4 oz plain flour.

Cook potatoes for 20 minutes. Drain and mash. Add salt and butter and work in enough flour to give stiff mixture. Turn on to floured board and knead lightly. Roll out to  $\frac{1}{4}$  inch thick and cut into shapes (triangle is most popular shape). Cook on hot greased griddle each side until golden brown.

## IRISH WHEATEN BREAD

This version of Irish soda bread can be cooked as a single large bannock or the dough can be poured into two 1 lb loaf tins. For those who want more protein or more fibre, 1 cup of wholemeal flour can be replaced with a cup of wheat germ or a cup of bran.

2 cups plain flour  
 4 cups wholemeal flour  
 2 heaped tsp baking soda  
 2 tsp sugar  
 2 tsp salt  
 3 cups buttermilk (1 container)  
 (You can use ordinary milk with 3 tsp of vinegar)  
 1 pinch of cream of tartar.

Sieve flours, salt and soda into a basin. Make a well in the centre and add buttermilk, stirring to make a soft dough. Turn on to a floured board and shape into a round bannock about 2" thick. Score across in four. Cook in a lightly floured tin at 425<sup>o</sup>F for 20 minutes and then another 20 minutes at 350<sup>o</sup>.

## PAN DE SANTA TERESA

This is a Spanish version of common fried bread. It is more a supper dish, certainly not to be eaten with bacon and eggs.

2 cups milk	2 tbsp sugar
1 cinnamon stick	1 strip lemon rind
1 strip orange rind	3 eggs
Pinch of salt	4 tbsp clarified butter or ghee
12 slices white bread (crusts removed)	Castor sugar
Cinnamon	

Simmer the milk with the sugar, cinnamon, lemon and orange rinds for 5 minutes. Beat the eggs with a pinch of salt. Heat the butter in a large frying pan. Dip the bread slices in the flavoured milk, then in beaten egg and fry in the hot butter until golden brown on both sides. Drain on paper towels. Sprinkle with castor sugar and cinnamon and serve immediately.

#### ZUCCHINI BREAD

2 cups plain flour	1½ cups sugar
2 tsp bicarb of soda	2 tsp vanilla essence
1 tsp salt	½ cup raisins or sultanas
¼ tsp baking powder	½ cup chopped walnuts
3 tsp cinnamon	1½ cup grated zucchini
¾ cup safflower or maize oil	

Sift dry ingredients. Beat eggs lightly. Add liquids, zucchini, sugar, vanilla. Mix in raisins and walnuts. Turn into a 9" x 5" bread tin. Bake in moderate oven. Use grease paper on bottom of pan.

#### BEER BREAD

Nothing could be simpler than this amazing recipe.

3 cups self-raising flour  
3 cups ordinary beer  
Salt or sugar (depending on whether a savoury or sweet bread is required).

Mix together to dough.  
Bake in oven for 45 minutes - 450°F

#### INDIAN BREAD PURIES

4 oz wholemeal flour  
4 oz plain flour  
1 tsp salt  
2 tsp melted butter/margarine  
¼ pint warm water  
oil for deep frying

Mix the flour and salt. Make a depression in the centre. Add the butter. Keep adding the water till the dough is soft and pliable (about 15 minutes). Set aside, under cover, for about 15 minutes. Then give a quick kneading and divide the dough into 16 equal portions. Roll out thin round pancakes. Heat some oil in the frypan and fry the puris quickly, turning during cooking. Press sides of the puris with a fish slice whilst frying, and splash the top with oil to encourage them to puff up. Drain when golden brown on both sides.

These are best eaten soon after preparation.

#### INDIAN BREAD - PARATHA

6 oz wholemeal flour  
6 oz plain flour  
small quantity butter or margarine  
½ cup vegetable oil for cooking  
½ tsp salt  
¼ pint water

Mix flours together in a bowl, add one tbsp melted butter/margarine, and salt and gradually add water while mixing to make a soft dough. Cover and leave for about 30 minutes, then knead lightly for another 5 minutes. Divide the dough into about 8 equal portions and roll into balls. Roll out each ball on a floured board to make a thin pancake.

This is an important step if you want the parathas to be flaky.



- 1 Brush some butter on one third of the rolled shape and lightly sprinkle flour over the remaining portion
- 2 Fold the buttered side over 1/3rd of the floured area and brush some butter on the upturned surface, then bring the remaining 1/3rd floured surface over to cover the buttered area.
- 3 Treat the narrow strip in much the same way, ie. brush 1/3rd with butter then flour the remainder and continue as in 1 and 2
- 4 You now have a cushion shape, which has to be rolled out on a floured board. Roll to form a thickish pancake
- 5 Heat up frying pan and place about a tsp of oil in it, when quite hot drop the paratha on and cook on both sides, by turning over occasionally
- 6 To get the paratha to fluff up rub the top with a metal fish slice while it is being cooked. A good paratha should have layers than can be separated.
- 7 When golden brown stack on a plate, resting on a pan of hot water, and cover up. This procedure will ensure that the parathas remain soft and warm.

## INDIAN BREAD - CHAPPATI

8 oz wholemeal flour  
 1 tsp salt  
 ¼ pint water

Sieve flour into a bowl, add about 8 tbsp of warm water and knead well to make a soft dough (15 minutes). If the dough is too stiff, add a little more water.

Now gradually add the rest of the water and keep kneading for another 10 minutes.

Leave the dough to stand for about ¼ hour in a covered bowl. Knead again quickly and divide into 10-12 portions. Roll into rounded pancakes, with a rolling pin.

Heat up a griddle iron or electric fry pan, quite hot, and place the chappati on it. Press to flatten when small blisters appear, and turn over to cook the other side.

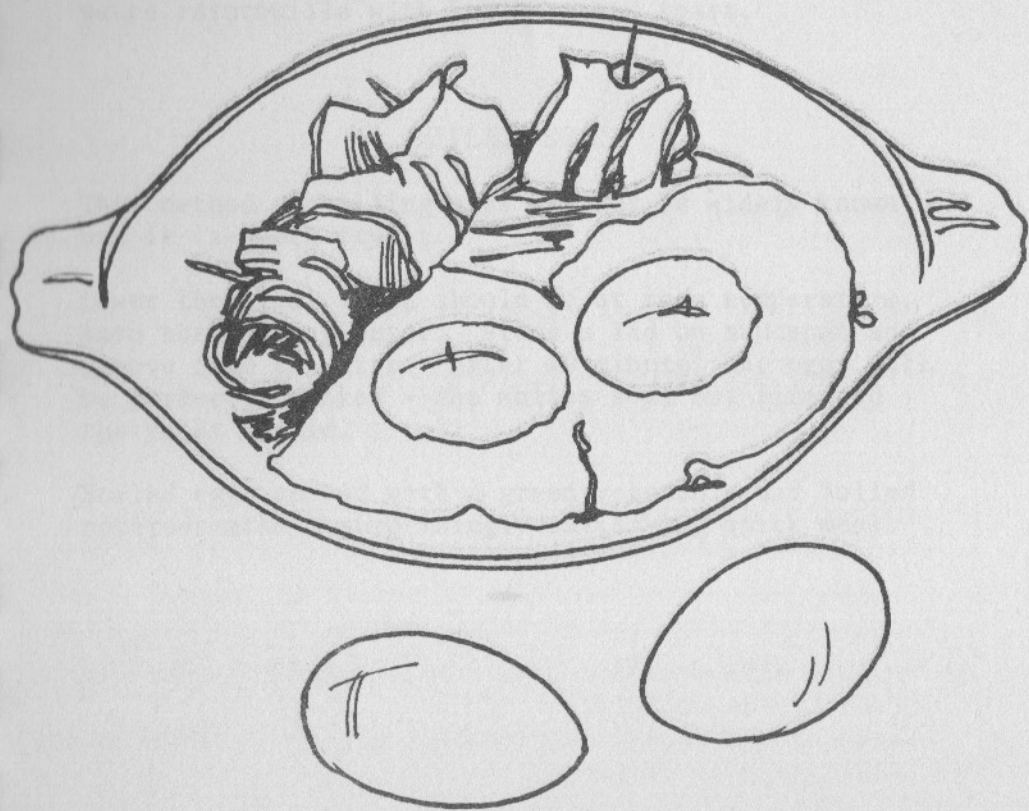
Lift off and brush on some butter or margarine, dip in warm water quickly and stack on a plate standing over a pan with warm water. Keep the chappaties covered.

## EASY BREAD

1½ cups roasted buckwheat flour	2-3 tbsp soy sauce
3 cups whole wheat flour	1 tbsp salt
1 cup corn meal	t tbsp sesame oil
1p cups brown rice flour (roasted)	Warm water

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (3-¾" x 7½"). Bake for 2 hours at 350°. Remove bread from pans and turn upside down in oven until dark brown.

# QUICKIES



1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.

1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.

1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.

1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.

1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.

1 cup brown rice flour (roasted) 1/2 cup water  
1 cup corn meal 1/2 cup sesame oil  
2 cups whole wheat flour 1 tsp salt  
1/2 cup roasted buckwheat flour 1/2 tsp soy sauce

Mix all dry ingredients well. Add oil, soy sauce and enough water to form a thick batter (like a slightly soupy cereal). Spoon into oiled baking pans (2-3/4" x 7/8"). Bake for 2 hours at 350.  
Remove bread from pans and turn upside down in oven until dark brown.



## SPANISH EGGS

Catalonia and Provence both lay claim to this dish which is easy to prepare and is a great improvement on plain bacon and eggs. For 2 people you need -

4 rashers of lean bacon	1 clove garlic
4 eggs	$\frac{1}{2}$ tsp oregano leaves
1 onion	2 tbsp oil
2 zucchini	pepper & salt
3 ripe tomatoes	4 slices bread
	butter

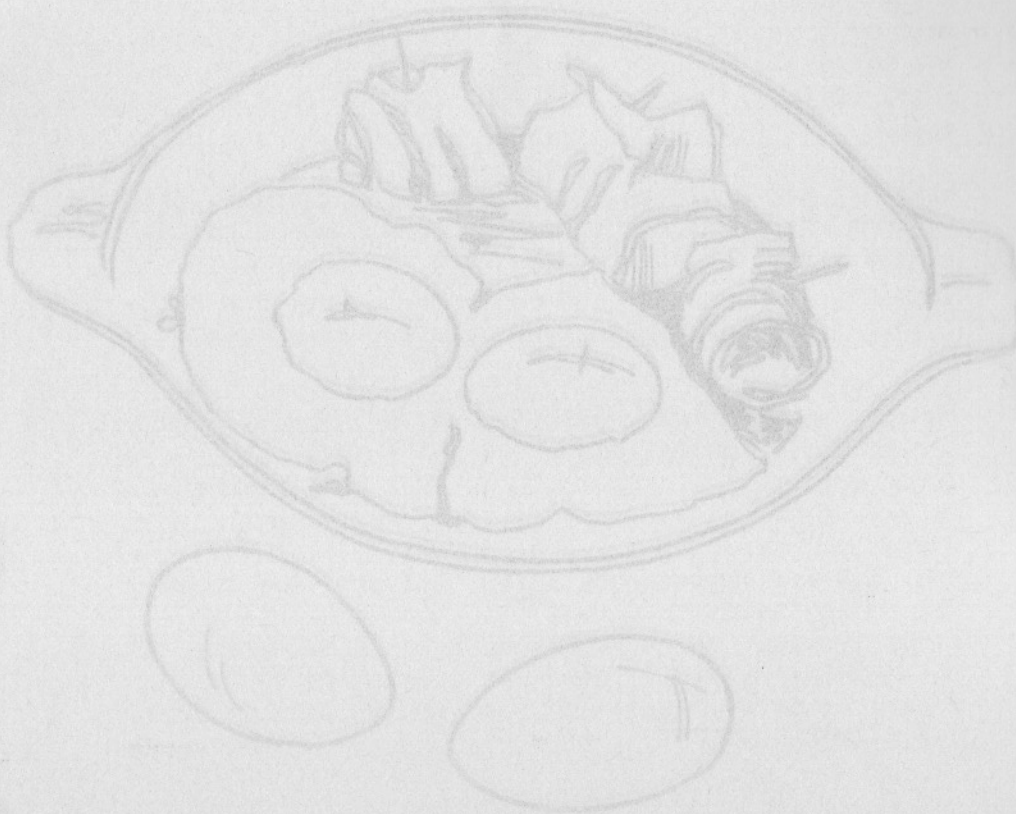
Sauté onion and garlic till transparent. Add sliced zucchini and sliced peeled tomatoes. Add pepper and salt and oregano. Simmer with lid on for twenty minutes. Fry bacon and eggs in usual way. Serve bacon, eggs and sauce ratatouille with hot buttered toast.

## BOILED EGGS

This method of boiling eggs may not be widely known, but it is worth trying.

Lower the eggs, which should be at room temperature, into the boiling water. Place a lid on saucepan and remove from the fire. After 10 minutes the eggs will be perfectly cooked - the whites soft but firm and the yolks liquid.

Boiled eggs served with a green vegetable and boiled potatoes make a surprisingly satisfying quick meal.



## OMELETTES

Everyone who cooks has his own special omelette recipe. For those who are just starting, the procedure outlined below is simple.

Heat an iron pan to a medium temperature. Season with a tsp of butter. The butter should sizzle. If the butter burns the pan is too hot. If the butter does not sizzle the pan is too cold and the omelette will not burn.

Beat 4 eggs lightly with a fork until the whites and yolks are just mixed. Add pepper and salt to taste. Pour into pan and keep moving the eggs with a fork until only a quarter of the mixture remains unset. Fold one half of the omelette over the other and serve immediately.

Omelettes can be eaten plain or fancy. If a filling is required it should be heated and ready to go into the omelette just before it is folded over. Fillings might include the ratatouille sauce outlined in the recipe above, though it would need to be simmered a long time to drive off excess water. Cheese, mushrooms, parsley, chives, onions, bacon, ham or tuna may be added.

Gruyere is best for cheese omelettes. 2 tbsp of grated gruyere should be added as soon as the omelette has begun to set. This gives the cheese time to melt while the eggs are cooking.

Mushrooms should be cooked in butter, salt, pepper, and nutmeg before adding to the eggs.

Parsley, chives or other herbs should be chopped fine and sprinkled on the omelette just before folding over.

Onions, like mushrooms, must be sautéed and warm when added to the omelette.

Bacon or ham should be precooked and diced small before being added to omelette.

## ROCKINGHAM RISOTTO

This is an excellent dish if you have unexpected guests, and "nothing in the house". If the rice is pressure cooked the whole dish can be ready in 15 minutes. Alternatively white rice can be used though this is not as nutritious or nutty. Macaroni can be used as an alternative.

2 cups of cooked brown rice  
 2 cans tomatoes  
 ½ cup of grated romano/parmesan  
 ½ cup of grated gruyere/mozzarella  
 2 brown onions  
 2 cloves garlic  
 1 tbsp butter  
 ½ tsp marjoram, paprika, salt

Sauté onion and garlic, add tomatoes and herbs; simmer for 5 minutes. (If a smooth tomato sauce is needed place in blender for a minute). Add sauce to rice and cheese.

Serve with a French salad, garnished with chives or parsley

## ASPARAGUS SOUP

Buy 1 tin asparagus soup. Prepare as directed. When ready add asparagus tips and a dollop of whipped cream.

## FRIED BREAD

Cut one slice of bread into four triangles. Remove the crusts. Dip into beaten egg and fry in oil. Drain on kitchen paper and serve with the soup.



## QUICK FISH MORNAY

This meal can be ready and eaten in three quarters of an hour.

1 tin salmon or tuna  
1 large carrot  
1 bunch broccoli  
1 large brown onion  
1 tbsp butter  
½ pint milk  
1 tbsp lemon juice  
parsley

Slice carrot. Cut onion into eight segments. Pour boiling water on onion and carrot and cook till carrot is almost ready - about 15 minutes. Add broccoli to top of saucepan and steam till it turns bright green - about 3 minutes. In the meantime melt butter. Remove from flame. Mix butter and flour. Return to low heat and cook stirring for 2 or 3 minutes. Remove from flame. Slowly blend in warm but not boiling milk. Return to heat and stir until sauce thickens. Reduce to lowest heat when bubbles appear and leave to simmer for 10 minutes, stirring occasionally. Most unsuccessful white sauces are a result of inadequate cooking so that the flour is still raw when it is served. Season sauce with pepper, salt and lemon juice. Add cooked vegetables and chopped up pieces of fish. Garnish with chopped parsley and serve with toast.

## STRACCIATELLE

This soup makes a warming start to a simple meal of bread, cheese, olives and salami.

1 litre chicken broth  
2 eggs  
½ cup grated parmesan cheese

Beat eggs and add grated cheese. Bring broth to the boil. Lower flame. Drop egg and cheese mixture into chicken stock making sure that it does not go off the boil. Stir until the egg thickens the soup. Serve immediately.

## ZUPPA PAVESE

This soup can be used for a quick simple meal or it can be the first course of a more elaborate dinner menu.

1 litre chicken broth  
1 egg per person

Bring broth to the boil. Lower flame.

Break eggs into the simmering broth. Poach until whites are cooked and yolks are still liquid.

Ladle soup and one egg to each plate.

Serve with fresh crusty bread.

## SWISS STEAK

2 x 1" thick rump steaks      2 tbsp tomato paste  
 2 medium tomatoes cubed      salt & pepper  
 1 small zucchini cubed      mixed herbs (½ tsp)  
     (approx. 6" long zucchini)      ½ tsp paprika  
 4-6 oz grated cheese      butter  
 1 large onion chopped  
 2 cloves of garlic crushed

Fry steaks in butter until brown on both sides. Place on sizzle platters in a 400° oven.

Sauté onion and garlic in butter until onion is cooked. Add all other ingredients except cheese. Simmer until cooked (approx. 3-5 minutes) stirring occasionally. Spoon over steak, top with grated cheese. Place back in oven until cheese has melted.

Garnish with parsley. Serve with fresh tossed green salad.

## CHICKEN CREPES

For filling :      For pancakes:

1 barbeque chicken      1 cup flour  
 1 tin asparagus      1 cup milk  
 grated cheese      1 egg  
 chopped parsley      pinch of salt  
 salt & pepper

1 pint cheese sauce (see page 149.)

Make 10 or 12 pancakes. Cover each pancake with filling and roll up. Place rolled pancakes in an ovenproof dish. Cover with cheese sauce and bake in a moderate oven for 15 minutes or until brown.

## QUICK PASTAS

Cook pasta (as on page 63 in Pasta Section)

Drain and then work ricotta cheese through the pasta. It's very quick and tasty.

## PASTA AL PESTO

Cook pasta as above.

Combine 1 tbsp chopped parsley, 3 tbsp oil and 3 cloves of garlic (crushed). Toss with the pasta.

Sprinkle parmesan cheese over the top if desired.

Buon Appetito!

## FRITTATA

Chop into small pieces bacon or ham. Fry in oil in a non stick frypan. Add chopped mushrooms and other left over vegetable, eg. broccoli, potatoes, capsicums, spring onions, asparagus, peas, etc.

Fry well.

Beat six eggs, add salt and pepper and pour over vegetables. Cover the frypan with a lid. Allow to cook slowly over low flame. When golden on the bottom sprinkle cheese on top and put under the grill. This will cook the egg on top.

When golden colour turn it out onto a plate and cut into wedges. Serve with a tossed green salad.

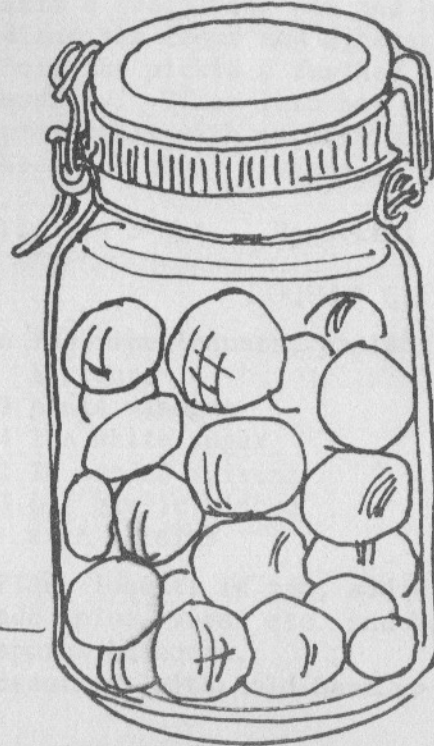


## TUNA BISQUE

- 1 425 g can chunk style Tuna
- 1 432 g can oyster soup
- 1 cup milk
- salt & pepper
- 1 tbsp dry sherry
- ½ cup whipped cream and paprika for garnish

Combine the first three ingredients in a saucepan and heat, stirring continually over heat until simmering. Just before serving season to taste and stir in sherry. Garnish with cream and paprika.

# PICKLES AND RESERVES



## CHOCKO PICKLE

3½ lbs chokos	1 cup (8 oz) sugar
1¼ lb onions	1 tbsp curry powder
1 cup chopped green beans	
1 cup chopped celery	2 tbsp dry mustard
5 tbsp salt	1 tsp turmeric
2 pints malt vinegar	½ cup (2 oz) flour
	cup malt vinegar

Peel chokos and remove seeds. Peel onions and cut both vegetables into small pieces. Put into separate bowls. Cut the beans and celery into similar sized pieces and put together in another bowl. Sprinkle the salt over the three bowls using about 3 tbsp on the chokos, and one each on the other vegetables. Cover and leave overnight. Next day drain through a colander and put all the vegies together with the vinegar, sugar, curry powder, mustard and turmeric, into a preserving pan and boil steadily for 20 minutes. Blend the flour and vinegar and stir into the pan. Boil the pickle a further 5 minutes, stirring frequently. Place into hot dry jars. Seal when cold, preferably with paraffinwax, then a lid. Keep for about 6 weeks to mature before use.

Yield - 5 lbs. Beautiful served with cheese.

## LOQUAT CHUTNEY

6 lbs ripe loquats, peeled & stoned	1 cup sultanas
3 pints vinegar	3 dessertspoons salt
4 lbs white sugar	3 " ground ginger
1 lb seeded raisins	1 tbsp spice (cayenne pepper, few peppercorns & cloves)
3 ozs garlic minced with raisins	

Place loquats in pan, add vinegar, bring to the boil, add spice, sugar etc. and boil till thick and brown, approx 1½ hours.

Beautiful with cold beef or lamb.



## FRANKFURTER "GREEN SAUCE"

1 glass Mayonnaise	1 tbsp lemon juice
¼ litre sour cream	1 tsp salt & pepper
1 litre yoghurt, plain	1 tsp sugar
2 tbsp dried herbs	2 tbsp herbs, fresh
8 eggs	

Mix the mayonnaise, sour cream, yoghurt and lemon juice in a big bowl. Add salt, pepper, sugar and the herbs and mix it. Boil the eggs 7 minutes, cut them in half and put them on the top of the mixture. Eat it with potatoes.

## OLIVES

Let's say 1 plastic bucket of half-ripe olives (half red and half green).

Cut the olives longways (4-5 incisions), and put in container (suggest plastic bread box).

Cover with boiling water. Change the water every day for 5 days (cold water). On the fifth day put into 1 lb of salt to one gallon water (this must be rock salt, get from your butcher). Leave for 24 hours.

Take out of water and drain.

Throw in sliced garlic, freshly ground black pepper, oregano and lots of chopped mint (to your taste).

Fantastic!

You can keep in refrigerator for approximately one month (that is if you don't eat them before!).

## PICKLED OLIVES

Wash the olives and cover them with water.

Change the water every day for nine or ten days.

Measure the last lot of water poured off to ascertain the amount of brine required. An approximate measure is 100g salt to one litre of water. The correct quantities are reached when an egg is floated in the solution and just breaks the surface.

There is a great variation in the recommended times.

Green olives definitely need longer than black olives and can take from two-three months.

Black olives seem to take anything from three-seven weeks and the taste test would be your best guide.

Change the brine solution two or three times.

Once ready change the solution to one composed of one-third brine, one-third vinegar and one-third oil. Bay leaves and garlic can be included. Leave the olives in this solution for at least six more weeks.

Olives can be dry packed in salt.

I have not tried this method, but it seems simple enough - though it is only for black olives.

Choose fully ripe or black olives, wash them and pack in coarse cooking salt.

Drain off juices as they occur while you leave the olives for two-four months until the bitterness has gone. Wash off excess salt and then coat or cover with oil.

## LEMON BUTTER

1 egg  
juice and rind of 2 lemons  
1 oz butter  
1 cup sugar

Beat together all ingredients except butter. Heat over a low fire. When sugar dissolves add butter. Stir until mixture coats spoon.

Place in sealed jars and keep in fridge.

## CUMQUAT MARMALADE

4 lb cumquats  
3 lb sugar  
juice of 1 orange, 1 lemon, 1 grapefruit  
 $\frac{1}{2}$  cup water

Cut cumquats in half, removing all pips.

Place all ingredients in a pan and bring to the boil, stirring occasionally to avoid burning.

Boil rapidly until gel point is reached - that is until a spoon of jam placed in the fridge sets firmly in five minutes.

Do not cook beyond this point.

Bottle immediately and seal so that a vacuum will form.

## APPLE-PUMPKIN CHUTNEY

For those who really like a hot chutney, this is excellent.

1 lb pumpkin  
2 granny smiths  
1 lb sugar  
 $\frac{1}{4}$  lb sultanas  
 $\frac{1}{2}$  oz dry chillies (ground)  
 $\frac{1}{2}$  oz garlic  
 $\frac{1}{2}$  oz green ginger  
 $\frac{1}{2}$  bottle vinegar  
salt

Peel, remove seeds and centre from pumpkin and weigh. Cut in pieces and boil until soft. Drain and mash.

Put garlic and ginger in a blender, blend well and add vinegar. Boil vinegar, sugar, garlic, ginger-chilli-salt until the ingredients are cooked. Add the pumpkin and chopped granny smiths. Let it boil until it reaches a good consistency for chutney. Unless on a low heat it will have to be stirred constantly.

When cool mix in the sultanas.



## POSH PATE

3/4 cup chicken stock	1/4 tsp sage
1 1/2 tsp gelatine	1 bayleaf
2 tbsp cold water	2 tbsp dry sherry
2 tbsp brandy	5 tbsp cream
500 g (1 lb) chicken livers	
60 g (2 oz) butter	2 tbsp chopped parsley
4 rashers bacon	salt & pepper
2 small onions	90 g butter (extra)

Soften gelatine in cold water, add to boiling stock & stir until dissolved. Pour into base of greased mould, refrigerate until set.

Chop chicken livers roughly, place in basin with brandy and marinate 1 1/2 hours. Drain livers, heat 30g (1 oz) butter in frying pan, add livers and saute just long enough to brown on all sides.

In separate pan, melt remaining 30 g (1 oz) butter and cook the combined chopped onion, chopped bacon, sage, and bayleaf. Add the semi-cooked chicken livers, cook further 5 minutes. Remove from heat, remove bayleaf.

Blend mixture until smooth in electric blender or pound to a paste, then push through sieve. Stir in sherry, cream, parsley and salt and pepper to taste. Melt extra butter and fold through. Spread over gelatine in mould, pressing mixture in gently and evenly; refrigerate until firm. Unmould on to serving plate. Serve with triangles of toast.

For a large-size party paté quantities can be doubled.

## TUNA PATE

175 g tin of tuna
125 g (4 oz) butter
1 tsp lemon juice
1/4 tsp freshly ground pepper
1/4 tsp curry powder
1 1/2 tbsp finely chopped onions or shallots
chopped parsley

Drain tuna. Pound butter and tuna fish together until well blended. Add onions or shallots, pepper, lemon juice and seasoning. Beat well. Sprinkle with a little chopped parsley.

Makes approximately 1 1/4 cups.

## LIVERWURST PATE

500 g (1 lb) liverwurst	pinch nutmeg
60 g (2 oz) butter	2 tsp grated onion
1/4 cup chopped parsley	3 tbsp cream
1/2 tsp dried sage	2 tbsp brandy

Beat together butter and liverwurst until smooth. Add remaining ingredients, beat again. Place in a greased mould. Refrigerate several hours or overnight.

Makes approximately 1 1/2 cups.

I N D E X

Amethyst nectar	4
Ampalaya con carne	46
Anatolian salad sauce	75
Anzac kisses	117
Apple cake	123
Apple pie	107
Apple pumpkin chutney	160
Apple streusel	100
Asparagus salad	89
Asparagus soup	148
Avalon punch	4
Baked fillet of beef	46
Baked whole fish	16, 21
Ballen	45
Barbecued beef	43
Barbecued pork spareribs	32
Beans	80, 84, 93
Bean salad	93
Beef and veal	40-51
Beef Polpette	47
Beef with chilli sauce	51
Beery beef	40
Beer bread	139
Beetroot	14, 92
Black Forest cream cake	121
Blue moon	110
Bobotie	42
Boiled corned meat	51
Boiled fruit cake	133
Boiled rice	54
Boned chicken breast with ham and cheese	25
Borsch	14
Bread	136-141



Breaded veal knuckles	40
Broad beans	89
Buckwheat pancakes	99
Burmese curry	59
Burmese salad	95
Busy day cake	114
Cabbage	80
Cannelloni	64
Capsicum stuffed	79
Cassata siciliana	111
Casserole Irene	41
Cassoulet	36
Champagne sorbet	3
Chapattis	142
Champignon and broad bean salad	89
Cherry soup	10
Chicken	9, 11, 24-30, 57, 151
Chicken cacciatore	30
Chicken crepes	151
Chicken marengo	27
Chicken soup	11
Chicken tinola	9
Chillied king prawns	19
Chilli sauce with beef	46, 51
Chinese prawn pasty	20
Chocolate cakes	120
Chocko pickle	156
Chocolate pudding	104
Cold zabaglione	104
Coleslaw	90, 91, 95
Cooked vegetable salads	89
Crepes Suzette	98
Creme caramel	103
Cucumbers in yoghurt	88
Cumquat marmalade	159
Curries	54-58
Cutlets	34

Dahl	58
Danish apple slice	127
Date and walnut cake	125
Daube de boeuf	49
Dream cake	132
Dutch bitter ballen	45
Easy bread	142
Eggs	81, 146, 147, 150, 152
Entrecôte de boeuf roti	43
Empanadas (Argentine pastie)	69
Empanaditas, chicken	29
Faggots	32
Fennel soup	10
Fettucini al burro	62
Fish	16-21, 133, 149
Flemish fillets of beef	49
Franca's spaghetti sauce	72
Frankfurter green sauce	157
French peas	44, 83
French salad	86
Fred's baked fish	21
Fried rice	55
Frittata	152
Fruit cup Cornelius	2
Fruit salads	93, 94
Garlic prawns	19
Garlic soup	9
Geraldine's bread	137
Gluwein	3
Greek shortbread	130
Ground rice pudding	120
Gulab jamun	107

Hackstrudel	71
Halva semolina	106
Hideg meggyleves	10
Honey cake	124, 125
Hot garlic soup	9
Indian bread	140, 142
Indian sweetmeat	107
Irish wheaten bread	138
Italian mixed salad	90
Italian spaghetti sauces	63, 65, 66, 72
Italian stuffed peppers	79
Jewish chicken soup	11
Jewish honey cake	125
Jewish potato cakes	82
Kabak tatlisi	119
Konya kebab	35
Lamb	32-38
Lamb chops	34
Lamb with lentils	38
Large stuffed olives	74
Lasagne Neapolitan style	67
Lebkuchen	130
Lemon butter	159
Lemon drink	5
Lettuce in garlic butter sauce	92
Liverwurst pate	162
Loquat chutney	156
Lyall's wine, garlic, chook and rice	28

Mac's beery beef	40
Mahallebi	110
Marengo chicken	27
Marinated barbecued beef	43
Meatless minestrone	13
Meat loaf special	50
Michelina's spaghetti sauce	66
Mince curry	56
Mushrooms	76, 77, 89, 147
Ninnie's spaghetti	72
Omelettes	147
Olives	157, 158
Onion soup	12
Orange cream mousse	106
Orange lemon creme	103
Oven peas and mushrooms	77
Palarino	2
Pan de Santa Teresa	138
Panettone	114
Paratha	140
Parsley sauce	75
Pasta	62-72
Pasta al pesto	152
Paté	161, 162
Peanut/sesame oven fried chicken	26
Peas	77, 83
Petti di Pollo alla Bolognese	25
Pickled olives	158
Piernik	124
Pilic Kagitta	26
Plum cake	123
Poached fillets of whiting in white wine	17
Pomodori ripieni al funghi	78
Pork	32, 33, 36, 37



Portuguese cod	17
Portwine jelly	105
Posh pate	161
Potatoes	76, 81, 82
Potato bread	137
Potato salad	91
Prango na pucara	24
Prawns	19, 20
Prune and apricot pie	109
Pumpkin scones	129
Puries	140
Ratatouille	83
Raw salads	92
Rice, boiled	54
Rice, fried	55
Rice, ground rice pudding	120
Rice pudding	102
Rice, savoury	58
Ricotta honey cake	118
Rockingham risotto	148
Russel's Mum's chicken curry	57
Russel's Mum's lentil dish	58
Salad sauce	75
Salad tomatoes	88
Salade Nicoise	87
Savoury rice	58
Scallopine supreme	48
Scotch black bun	126
Silver beet	77, 80
Smoothies	3
Sofrito	44
Sosaties	33
Soups	8-15, 84, 148, 150
Soup bonne femme	12
Southern sweet potatoes	82

Spaghetti alla carbonara	68
Spaghetti	66, 68, 72
Spanish chocolate pudding	104
Spanish eggs	146
Spareribs	32
Spinach	80
Stollen	128
Stracciatelle	150
Swiss steak	151
Swedish apple cake	123
Tea cake	122
Tinola	9
Tomato salad	88
Tomato soup	13
Tomatoes	78, 80, 83, 88
Torta di patate	76
Trout Tahitienne	18
Tuna bisque	153
Tuna cottage cheese loaf	18
Tuna pate	162
Vegetables	74-84
Vera's salt pie	68
Vitello al herbe	48
Walnut souffle roll	118
Welsh borth	11
Welsh cakes	126
Welsh lamb chops	34
White silverbeet crumbed	77
Whiting in white wine	17
Wholemeal rolls	136
Wine, garlic, chook and rice	78

68	Zabaglione	104	Spaghetti alla carbonara
68	Zucchini bread	104	Spaghetti
123	Zucchini soup	139	Swiss chocolate pudding
80	Zuppa Pavese	141	Swiss eggs
128		150	Swiss ribs
150			Spinach
151			Stollen
123			Straciatella
122			Swiss steak
9			Swedish apple cake
88			
13			Tea cake
78, 80, 82, 88			Tinola
76			Tomato salad
18			Tomato soup
153			Tomatoes
18			Torta di patate
182			Trout Tshienne
74-84			Tuna bisque
68			Tuna cottage cheese loaf
48			Tuna pate
118			Vegetables
11			Vera's salt pie
126			Vitello ai herbe
34			
77			Walnut souffle roll
17			Welsh borth
136			Welsh cakes
78			Welsh lamb chops
			White silverbeef crumbed
			Whiting in white wine
			Wholmeal rolls
			Wine, garlic, chook and rice