





Food is the universal language  
Share yourself with the cook  
whilst they prepare whatever they have  
be it a feast or a piece.  
Appreciate the offering and how it was prepared  
they will give you their heart and soul  
And that my friend creates  
connections of richness and  
memories of a lifetime

Phyllis

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# Kaden Gaming Essentials

## Ingredients

- 2x 1L Powerades – for hydration and to replenish electrolytes after an intense sweat dripping session resisting a zombie invasion.
- 2x 473ml red bull cans – to maintain energy levels and concentration while delivering high quality food orders from a panda.
- 6x cans of tuna – for the gains.
- 3x box of shapes – because we started at that end of the ‘bad food’ aisle in Coles.
- 2x packets of Smiths chips – to provide that greasy controller feel.
- 2x packets of Doritos and 1x medium salsa – because corn and tomato are good for you.
- 2x Kinder Surprise – to feed the inner child.
- 1x hazelnut dairy milk block of chocolate and 1x Tim Tam packet – Because you need the sugar hit to continue to fly through the air in a car missing a ball for 6 hours straight.
- 2x packet of Extra chewing gum – because we both have our preferred flavours and sometimes you just need to feel a bit fresher.



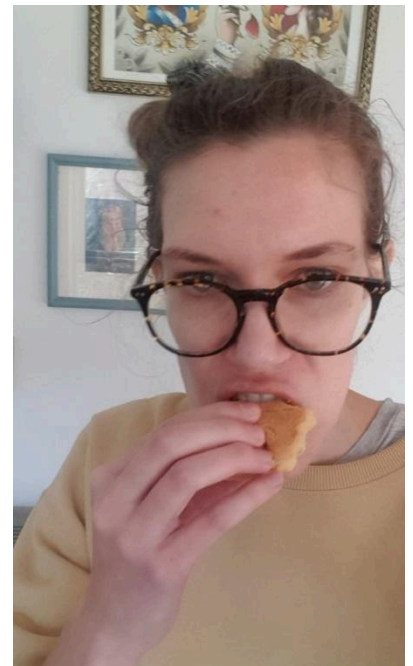
## Norby's Cinnamon Rolls (Legit the best recipe evs!)

### Ingredients

- For the dough:
  - ¾ cup full cream milkies
  - 2 ¼ teaspoons quick rise or active yeast
  - ¼ cup granulated sug-sug
  - 1 egg plus 1 egg yolk, at room temp
  - ¼ cup unsalted butts, melted
  - 3 cups bread flour, plus more for dusting (gotta be bread flour!)
  - ¾ teaspoon salt

### For the filling

- 2/3 cup dark brown sugar (gotta be brown so it gets ooey gooey)
- 1 ½ tablespoons ground cinnamon
- ¼ cup unsalted butter, softened
- For the cream cheese frosting:
  - 4 oz cream cheese, softened
  - 3 tablespoons unsalted butts, softened



- $\frac{3}{4}$  cup icing sugar
- $\frac{1}{2}$  teaspoon vanilla extract

## Instructions

1. Warm milk by placing milk in a microwave safe bowl and microwaving it for 40-45 seconds. It should be like warm bath water fit for a small little baby Trou. Transfer warm milk to the bowl of an electric mixer and sprinkle yeast on top. Add in sugar, egg, egg yolk and melted butter. Mix until well combined. Next stir in flour and salt with a wooden spoon until a dough begins to form.
2. Place dough hook on stand mixer and knead dough on medium speed for 8 minutes. Dough should form into a nice ball and be slightly sticky. If it's TOO sticky (meaning it's sticking to the bottom of the mixer, add in 2 tablespoons more bread flour.) If you don't want to use an electric mixer, you can use your hands to knead the dough for 8-10 minutes on a well-floured surface.
3. Transfer dough ball to a well-oiled bowl, cover with plastic wrap and a warm towel. Allow dough to rise for 1 hour to 1  $\frac{1}{2}$  hours, or until doubled in size. This may more or less time depending the humidity and temperature in your home.
4. After dough has doubled in size, transfer dough to a well-floured surface and roll out into a 14x9 inch rectangle. Spread softened butter over dough, leaving a  $\frac{1}{4}$  inch margin at the far side of the dough.
5. In a small bowl, mix together brown sugar and cinnamon. Use your hands to sprinkle mixture over the buttered dough, then rub the brown sugar mixture into the butter.
6. Tightly roll dough up, starting from the 9-inch side and place seam side down making sure to seal the edges of the dough as best you can. You will probably need to cut off about an inch off the ends of the dough as the ends won't be as full of cinnamon sugar as we'd want it to be.



7. Cut into 1 inch sections with a serrated knife or floss. You should get 9 large pieces. Place cinnamon rolls in a greased 9x9 inch baking pan or round 9 inch cake pan. (I also recommend lining the pan with parchment paper as well, in case any of the filling ends up leaking out.) Cover with plastic wrap and a warm towel and let rise again for 30-45 minutes.

8. Preheat oven to 350 degrees F. Remove plastic wrap and towel and bake cinnamon rolls for 20-25 minutes or until just slightly golden brown on the edges a little so they stay soft in the middle, that's why we want them. Allow them to cool for 5-10 minutes before frosting. Makes 12 rolls.

9. To make the frosting: In the bowl of an electric mixer, combine cream cheese, butter, powdered sugar and vanilla extract. Beat until smooth and fluffy. Spread over cinnamon rolls and serve immediately with a side of moon juice!



#### **Important notes**

The online recipe gives lots of drainer notes, but these are the only important ones

- Rub the brown sugar into the butter: after you spread out the softened butter, it's important to rub the brown sugar into the butter and dough so that it's well combined. Like really give it a good go on the dough otherwise it just falls off and we want it all up in there
- Use bread flour: bread flour is available at most grocery stores and it makes ALL the difference in achieving softer, fluffy, perfect cinnamon rolls. JUST TRUST ME.



## Bens Ferguson River Marron Pie

### Ingredients

- 4 x large (1kg total) Marron, Shredded
- 40g unsalted butter
- 1 leek, white part only, sliced into rings
- 1 carrot, peeled and chopped
- 2 washed potatoes (300g), peeled and cut into 2cm cubes
- 2 tablespoons plain flour
- 2 cups milk
- ¾ cup (180ml) fish stock
- 1/3 cup (80ml) white wine
- 1/3 cup chopped flat-leaf parsley
- Salt and cracked black pepper
- 3 sheets ready rolled puff pastry, thawed
- 1 egg, lightly beaten



### Method

#### Step 1

Preheat oven to 200°C. Boil Marron in salt water until they float. Approximately 5 minutes depending on their weight and malting cycle.

#### Step 2

Melt butter in a large saucepan over medium heat. Add leek, carrot and potato, and cook for 3-4 minutes or until just tender. Add flour and cook, stirring, for 2 minutes or until golden and bubbly. Gradually add combined milk, stock and wine, stirring the mixture constantly with a wooden spoon to avoid lumps forming.

#### Step 3

Simmer sauce for 2-3 minutes until thickened. Add Marron, and cook for another minute. Stir through parsley, salt and pepper. Remove from heat and cool for 10 minutes.

#### Step 4

Spoon the cooled filling mixture into four 2-cup capacity ovenproof dishes. Cut the pastry sheets into rounds using a 4cm-diameter biscuit cutter. Gently press edge of pastry rounds onto rim of pie dish until rim is covered, taking care not to press pastry into filling. Working from the outer edge towards the centre, carefully arrange pastry rounds over filling, without pressing down, until pie is covered.

(You'll need about 15 rounds for each pie.) Brush with egg. Repeat process for remainder pie dishes. Bake for 15 minutes or until golden and puffed on top.

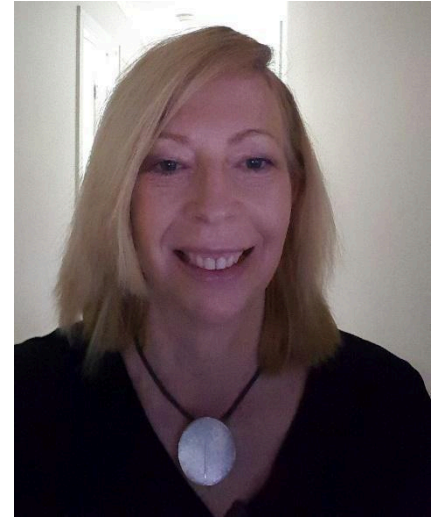
### Step 5

Enjoy the pie with a chilled glass of Talisman Chardonnay... Marron in your Tum... Yum Yum!!

## Caz Pumpkin Soup

### Ingredients

- 2 pounds (1 kg) pumpkin skin and seeds removed, chopped
- 1 onion roughly chopped
- 2 medium-sized potatoes peeled and diced
- 1 large carrot peeled and diced
- 4 cloves garlic crushed
- 4 cups low sodium chicken or vegetable broth (stock)
- 2 chicken bouillon cubes crumbled
- Salt and pepper to taste (if needed)
- 1/2 cup half and half (or light cream)
- 1/2 cooked bacon to serve (optional)
- Fresh parsley to serve (optional)



### Instructions

1. Place all ingredients, except cream, in a large pot or saucepan. Bring to a simmer medium heat until vegetables are tender.
2. Take off heat. Using a stick blender, blend until smooth.
3. Add the cream and stir through (do not boil after adding cream).
4. Add any salt or pepper if needed, serve with bacon and parsley (if desired).

# Graham Old-Fashioned Apple and Rhubarb Pie

## Ingredients

- 5 (1kg) apples, thickly sliced
- 1/3 cup (75g) caster sugar
- 1/2 cup (125ml) water
- 1 vanilla bean, split lengthways
- 500 gram rhubarb, trimmed, coarsely chopped
- 1 tablespoon lemon juice
- 1 egg, beaten lightly
- 1 teaspoon white sugar
- 2 1/2 cup (375g) plain flour
- 1/2 cup (60g) ground almonds
- 1 cup (160g) icing sugar
- 250 gram cold butter, coarsely chopped
- 2 egg yolks
- 1 tablespoon iced water



## Method

Old-fashioned apple and rhubarb pie

1. Combine apple, caster sugar, water and one half of the vanilla bean in a large saucepan. Cover with lid and bring to the boil. Reduce heat. Simmer about 10 minutes or until apple is tender.
2. Stir in rhubarb. Cover and simmer about 3 minutes or until rhubarb is soft. Drain well. Transfer apple mixture to a medium bowl; stir in juice. Cool.
3. Scrape seeds from remaining half of vanilla bean into a small bowl. Process flour, ground almonds, icing sugar and butter until crumbly. Add egg yolks, vanilla seeds and enough of the iced water, processing until ingredients just come together. Knead on a floured surface until smooth. Enclose pastry with plastic wrap and refrigerate 30 minutes.
4. Preheat oven to 180°C.
5. Roll two thirds of the pastry between sheets of baking paper until large enough to line a deep 24cm pie dish. Lift pastry into dish and press into base and side. Trim the edge, then pinch pastry. Refrigerate 30 minutes.
6. Line pastry with baking paper and fill with dried beans or rice. Bake 15 minutes. Remove paper and beans; bake a further 15 minutes or until browned. Cool.
7. Spoon apple mixture into pastry case. Roll the remaining pastry between sheets of baking paper until large enough to cover pie dish. Brush edge of pastry case with egg. Place pastry over pie; trim edge then pinch pastry. Cut out a 2.5cm round from centre of pie. Brush pastry with egg; sprinkle with white sugar.
8. Bake pie about 35 minutes or until browned. Stand 10 minutes before serving.

## Keisha Good Old Fashioned Pancakes

### Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted

### Method

#### Step 1

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

#### Step 2

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



## Berz Spinach and Ricotta Rotolo | The New Lasagna

Rotola a wonderful dish not very well known outside of Italy but it is a magnificent Italian pasta dish using lasagna sheets, where they are filled and rolled in a creamy sauce and baked in a rich tomato sauce.

### Ingredients

- 2 tbsp olive oil
- 1 large onion
- 2 cloves garlic minced
- 200 g oyster mushrooms; chestnut mushrooms
- ½ tsp salt
- pinch of black pepper
- 3 tbsp tamari/soy sauce

### Sauce



- 680 g passata
- 1 x tub of Happy Pear sun dried tomato pesto 180g

### **Topping**

- 2 tbsp oil
- 15 g bread crumbs panko breadcrumbs if you can get will give a higher crunch
- 3 sprigs of fresh thyme

### **Spinach ricotta mixture**

- 350 g soaked cashew nuts
- 200 ml water
- pinch salt
- 1/3 tsp garlic powder
- 150 g wilted or frozen spinach

### **Instructions**

1. Put the lasagna sheets in large bowl of boiling water for 30 mins, make sure sheets are totally covered by water, to soften them, after 10 mins check sheets are not sticking together and separate in needed. Make sure there is enough room when soaking them so that they don't stick together.
2. For the Spinach and ricotta: Soak the cashew nuts, ideally overnight, but if you don't have the time just boil them for 15 mins and give them a good rinse before blending. For the ricotta, simply add the rinsed soaked cashew nuts into the blender along with the water, garlic powder, salt and blend till smooth. To wilt the spinach just add to a pot with 50 ml of water and put the lid on, leave to wilt for 3 mins until all the leaves have cooked down. Using a sieve over the sink, transfer the spinach and give it a good squeeze to remove any excess moisture and a rough chop and add to the cashew cream and mix.
3. Peel and finely chop the garlic cloves and the onion and chop the mushrooms into bite size pieces.
4. In a medium size pan over medium-high heat, add two tablespoons of olive oil and the onion, reduce heat to medium and stir while frying for about 3-4 mins. Add the garlic, mushrooms, pinch of salt and cook for 4-5 mins mushrooms until they have started to brown and reduce by a third. Add in the tamari sauce and continue to cook while occasionally stirring for 2 mins. Take off heat and set aside, allowing to cool.
5. Using a scissors cut the soaked lasagna sheets lengthwise in half.
6. Remove lasagna sheets from the water and remove any excess moisture. Lay the lasagna sheets out on a clean surface lengthways. Cover each sheet with approx 1 tbsp of spinach ricotta. Add roughly 1 tsp of the mushroom onion mix at the top of each sheet. Roll up lasagna sheet gently.

7. Mix the pesto with the pasatta and add to a pie dish (approx 10 inch length, 8 inch wide and 2.5 inches deep) Place the cut filled lasagna rolls, pasta cut-side up in the sauce in your pie dish. The tomato sauce should come about 1/2 the way up the pasta rolls, this will stop your pasta drying out while cooking. Repeat with the remaining filled lasagna sheets.
8. In a small bowl add 2 tsp of oil to the bread crumbs along with the chopped thyme leaves. Mix well and distribute bread crumbs evenly across the top of pasta-filled pie dish.
9. Bake for 20-30 minutes in the oven or until breadcrumbs are nice and golden brown and the pasta is soft and cooked. Remove the dish from the oven and let sit at room temperature for a few minutes before serving. Enjoy!

## Aunty Lorraine Anzac Biscuits.

### Ingredients

- 1 cup rolled oats,
- 1 cup plain flour.
- 1 cup sugar
- ¾ cup coconut
- 125 grams butter
- 1 tablespoon golden syrup
- 1 ½ teaspoons bi carb soda
- 2 tablespoons boiling water

### Method

1. Combine rolled oats, sifted flour sugar and coconut.



2. Combine butter, golden syrup until melted.
3. Mix soda with boiling water add to dry ingredients.
4. Spoon dessert spoonfuls onto greased trays.
5. Slow oven for 20 mins.
6. Cool on tray 15minutes for soft biscuits

## Kelby's Melby Bitter Pie

### Ingredients

- 2 x Melbourne Bitter cans
- 500g Sliced Mushrooms
- 500g Steak
- 1x Sliced Brown Onion
- 2x Garlic Clove
- 2x Teaspoon Olive Oil
- Teaspoon Rosemary
- Salt
- Pepper
- Gravy Mix
- Pastry Sheets
- 1x tablespoon milk

### Instructions

Fry up onions, garlic, mushroom and rosemary with two teaspoons of olive oil. Add 500g of your chosen steak and lightly brown. Tip both beers in there after crushing them together like Stone Cold Steve Austin. Let



the steak slow cook in the beer till it starts to pull part easily. Add Gravy mix until it thickens to your desired consistency and season (Salt and Peps) to your liking. Lightly grease your pie tin and place pastry sheet inside, tip your pie mix and cover with pastry (make few holes in the top with a sharp knife). If you're feeling funny you can make a funny shape or put your initial on top with left over pastry. Baste with milk and pop in the oven, not really sure what heat or for how long for as our oven is fucked and i haven't cooked with a decent one in years.

Enjoy, Bone-Apple Season

## Apple Season by Shelley Williams

### Serve in:

Couple glass

### Garnish:

Dried apple wedge

### How to make

SHAKE all ingredients with ice and fine strain into chilled glass.

- 1 ½ shot White (charcoal – filtered) 1 – 3 years old light rum (infused vanilla)
- 1 shot Mead
- 1¼ shot Apple juice (fresh pressed)
- ¼ shot Honey syrup (3 honey to 1 water)
- 1 dash Vanilla bitters



## Lil Boys by Shalley Williams

### Ingredients

- 500g Don Cocktail Frankfurts
- 1L still water
- 580ml Rosella Tomato Sauce



- Themed party toothpicks

## Method

1. Pour water into a saucepan and place on the stovetop on high heat
2. Stab frankfurts twice each with a sharp knife approx. 15mm apart
3. place frankfurts into water and boil for 15 – 20 minutes until skin is peeling off
4. To serv, pour the entire 580ml of Tomato sauce into a large round bowl
5. Serve Lil Boys with themed toothpicks to enjoy with friends, Family and Foe alike

## Tommy J's Katsu-Dong



## Part 1 - Sauce

### You will need:

- 1/3 cup tomato sauce
- 2 Tablespoons of worcestershire sauce
- 1 Tablespoon of mirin
- Tablespoon of soy sauce

- 1 Tablespoon white sugar
- 1 Teaspoon of dijon mustard
- ¼ Teaspoon of garlic powder

Best to get this done first and out of the way as everything else is a bit time sensitive. Bung everything in a mixing bowl or measuring jug and mix together well with a whisk.



## Part 2 - Rice & Cabbage

### You will need

- Cup of short grain white rice
- Bottle of rice wine vinegar or obento brand sushi seasoning (I like this the most)
- 1 Green cabbage

Chop up about a handful of cabbage into fine slices and set aside for later (not this much but you get the idea).

Give the rice a good wash before cooking (there are a bunch of videos online if you're not too sure how to do this properly).

After washing, let the rice soak in some cold water for about 5 minutes before cooking. If you have a rice cooker (and I hope you do) just biff it on but if you need to cook it in a pot like a psycho there are again some good vids online (<https://www.youtube.com/watch?v=Xx7sxW19FNl>)

Once the rice is cooked you'll want to pop it in a bowl and give it a good drizzle of rice wine vinegar or sushi seasoning.

I usually prep the pork (step 3) while the rice is cooking and season afterwards, cover the bowl with a damp tea towel to keep the rice warm after it's cooked.



## Part 3 - Pork

### You will need

- A deep dish frying pan or wok for deep frying
- Canola oil (around a litre depending on the size of your pan)
- A bag of panko bread crumbs
- Pork loin steaks (juicier) or pork sizzle steaks (easier)
- 2 eggs
- Salt and pepper
- Paper towel

Once the rice is on fill up your pan with oil and start heating it up to deep fry. If you've got loin steaks cut them in half or thirds so the steaks are a bit thinner but if you've got sizzle steaks kick back and relax

Season the pork well with salt and pepper on both sides before giving them a once over with a rolling pin or spatula.

Don't make the steaks too thin, you're mostly just smushing the seasoning into the meat so it doesn't come off when you do an egg coat.

Crack two eggs into a bowl, whisk them up and pour them into a wide bowl or dish. Pop some panko on another wide bowl or dish and place them side by side to make yourself a little production line of: pork --> egg --> panko --> plate.

Once you've got it set up start coating the pork by dunking both sides in the egg bowl then the panko, give it a good smush in the panko to make sure it's covered. Only do one go through each, the panko may look a little thin but will thicken up when frying.

After you've got all the pork done it's time to start frying!

Dip the pork into the oil gently with some tongs and watch it sizzle, once it's looking golden brown take it out with the tongs and pop it on some paper towel for the oil to dry. Once all your pork is cooked slice into pieces for serving.

## Part 4 - Place on plate

### You will need

- The food (to eat)
- A plate (to eat off)
- Chopsticks (essential)
- Lemon wedge (optional)

Pop everything on a plate and you're good to go.

Drizzle the sauce over the pork and you have a katsu-dong cooked to perfection.



## Owain Old Fashion

### Ingredients

- sugar cube (or 1 bar spoon simple syrup) 2 dashes Angostura bitter
- ounces rye or bourbon
- Orange twist

### Preparation

#### Step 1

Muddle the sugar cube and bitters with one bar spoon of water at the bottom of a chilled rocks glass. (If using simple syrup, combine bitters and one bar spoon of syrup.) Add rye or bourbon. Stir.



## Step 2

Add one large ice cube, or three or four smaller cubes. Stir until chilled and properly diluted, about 30 seconds. Slip orange twist on the side of the cube.

## Callum Bloody Mary

In the world of cocktails, the Bloody Mary is very much a contradiction. Instead of being blamed for a hangover, it is used as the cure. And rather than being consumed at night, the spicy concoction is best imbibed the morning after.

### Ingredients

- Ice
- 45ml Vodka
- Dash of Tabasco sauce
- Slice of lemon
- Pepper (to taste)

### Method

Build the drink in a tall, ice-filled glass with vodka, lemon juice, Tabasco, worcestershire sauce and salt. Top with tomato juice. Stir. Garnish with a stick of celery, a slice of lemon and some ground pepper on top.



## Ben McMilliam Kantong

SIMPLY STIR FRY RANGE Sweet of sour Stir Fry

- Preparation 10 mins
- Cooking 10 mins
- 4 Serves 4

### Just add

- 500g of your favourite lean meat, diced
- 4 cups of your favourite vegetables, chopped
- jar of KAN TONG® Simply Stir Fry Sauce



### Cooking Instructions

1. Stir-fry meat until brown using canola oil.
2. Add vegetables and KAN TONG Simply Stir-Fry Sauce and cook until vegetables are soft and sauce is heated through.
3. Serve with KAN TONG Noodles or rice and enjoy!

## Home-Made Zinger Burgers Recipe

I decided that I could make my own KFC Zinger knock-off version and they have proved to be such a hit that my husband refuses to eat the original ever again. Possibly a dumb thing for me to do but it's too late now. I have upped their ante on a not-as-thick chicken piece and a WAY better sauce than that sweet mayo they slather on. Just two chicken breasts transforms into 6 burgers (so pretty cheap too, really).

### Ingredients

- 2 skinless, boneless chicken breast fillets
- 1 cup buttermilk
- 2 cups plain all purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ¼ tsp cayenne
- sea salt & black pepper
- 2 eggs, lightly beaten
- ¼ cup tabasco (or hot sauce of your choosing)
- Vegetable oil or lard for frying

### Rolls

- ¼ cup Mayonnaise
- ½ tsp chilli powder
- ½ tsp garlic powder, extra

### Instructions

1. Slice the breasts in half lengthways (so they are not shorter, but thinner). Pop them in a plastic bag and pound out a little so they are an even thickness but not flat like schnitzel. Place them in a bowl and pour over the buttermilk and marinate for as long as you have (2 hours - overnight). That will make them super tender.
2. Grab yourself a large, heavy-based frypan and you will want enough vegetable oil or lard so that when you lay the pieces in the oil will come up halfway up the sides of the pieces.
3. Put the flour, garlic powder, onion powder, paprika, cayenne and salt and pepper in a large shallow bowl and mix together. In another bowl, mix the eggs and hot sauce together. Pour the buttermilk off the chicken and discard. Dip the chicken pieces one at a time into the egg, then the flour mixture, then back into the egg and back into the flour mixture. Place on a large plate while you do the rest.
4. Pre-heat oven to 180C because it can be hard to cook the chicken completely through without over-browning. Grab a baking rack and place it on a tray.
5. The oil will be hot enough when you put the end of a wooden spoon into the oil and it bubbles (or toss a small cube of bread in and see if it goes golden quickly). Don't over crowd the pan or too much steam will be created and you won't get a crispy crust so you may have to cook the chicken

in two batches depending on the size of your pan. It should take several minutes each side to go golden brown. If you don't have a digital thermometer probe to check the internal temperature (87C, 188F), then cut open the biggest piece in the thickest part and make sure it's cooked through. If you're confident the other pieces are done, set them aside on the wire rack while you pop that other piece in the oven for around 5 minutes. If all the pieces are browned quickly and aren't done in the middle, just transfer them to the rack and put them all in the oven for a few minutes until they're ready.

6. Mix the mayonnaise, chilli powder and extra garlic powder together (if you don't like it too hot, add less chilli powder)
7. I lightly toasted the rolls but this is optional, spread the bottom half with the spiced mayo, top with chicken and lettuce.

## Stress-free full English breakfast

### Per person, allow

- 2 sausages
- 2-3 rashers of bacon
- 2 flat mushrooms
- 1-2 ripe tomatoes
- 1 thick slice of black pudding
- 1 large egg
- 1 slice of bread



### Method

1. Heat the flat grill plate over a low heat, on top of 2 rings/flames if it fits, and brush sparingly with light olive oil.

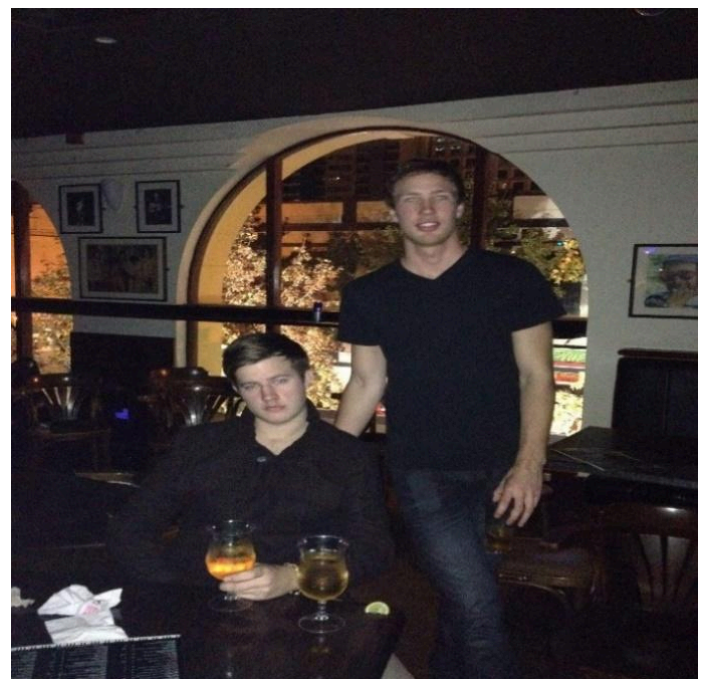
2. Cook the sausages first. Add the sausages to the hot grill plate/the coolest part if there is one and allow to cook slowly for about 15-20 minutes, turning occasionally, until golden. After the first 10 minutes, increase the heat to medium before beginning to cook the other ingredients. If you are struggling for space, completely cook the sausages

Important to stress that this breakfast is brought over by a girl, and there is plenty of scrambled eggs and plenty of fried tomato. Liam will know.

## Zane Halloumi Wraps with Greek Salad

### Ingredients

- 250g Halloumi
- Greek yoghurt
- Cherry tomatoes
- Cucumber
- Olives
- Baby lettuce



- Oregano and parsley
- Red wine Vinegar and olive oil
- Flatbread or wraps

## Lampy's Karaage Chicken

### Ingredients for 4 servings

- 500g skin-on chicken thigh
- 1 tablespoon sake
- 1 teaspoon sugar
- 2 tablespoons soy sauce
- 1 tablespoon ginger, grated
- 1 clove garlic, minced
- ½ egg, beaten
- ½ cup potato starch (40 g)
- cooking oil, for frying



### Preparation

1. In a large bowl, combine the chicken, sake, sugar, soy sauce, ginger, and garlic. Mix well. Cover with plastic and marinate for at least 15 minutes in the fridge.
2. Add the egg and potato starch to the chicken. Mix well.
3. Heat the oil to 340°F (170°C). Fry the chicken until golden brown and fully cooked, 5-7 minutes.

4. Enjoy!

## Tracey Stir Fried Veggies & Chicken Drumsticks

### Chicken

Place chicken drumsticks in a roasting dish, drizzle with olive oil and sprinkle with salt.

Put in 180 degree oven for approximately 1 hour.

Keep all the juices from the pan. Put in a container in the fridge, use this for chicken stock (it will go like jelly)

### Veggies

Heat (on low) a generous amount of olive oil in a wok (or large fry pan)

Add 1 sliced onion, stir and leave on low

Add 1 large clove of garlic minced

Add 1 teaspoon grated ginger- stir and keep on low



Use any of the following veggies (at least 3) cut into strips or smallish pieces

Capsicum

Broccoli

Cauliflower

Celery

Bok Choy

Carrot

Zucchini

Cabbage

Brussel Sprouts

Mushroom

Add the veggies, turn up the heat and stir to mix the veggies,  
Add more oil to coat the veggies and a bit of sea salt

Cook, stirring occasionally for about 5 mins  
Add 3 tablespoons of stock (from the chicken)  
Heat through and stir.

Let sit for a bit before serving, this stops anything sticking to the bottom of the wok and keeps all the flavours.

## Anke Bean Soup

Having not had you (Liam) over to dinner for quite some time I imagine that your palette has become a little more sophisticated and therefore offer you the chance of revisiting “Bean Soup”. Perhaps you will enjoy it more now than you did in the past.

### Bean Soup

- 1 large onion
- 6-8 pieces of shortcut bacon (cut into small pieces)
- A little olive oil
- 2 cloves Garlic
- 2 carrots
- 3-4 potatoes
- 1 kg Green beans (fresh or frozen)
- 2 large Chicken stock cubes
- Water
- Salt and pepper to taste

Saute chopped onion with bacon pieces and garlic in a little olive oil until onion is translucent. Add chopped carrots, potatoes, stock cubes and cover with water. Salt and pepper to taste. Cook until potatoes are soft. Use a potato masher to mash some of the potatoes in the soup. This thickens the soup a bit. (Don't overdo it). Add beans and continue to cook until beans are tender. This makes a big pot full of soup. Reduce as appropriate for smaller quantities.

Serve with toast! In case you still don't like it.



### **James (Tony) Baked Chille Salmon**

1. Take 2 fresh salmon fillets
2. And place in oven proof dish
3. Cut up 1 pepper and lay around the salmon
4. Mix a cup of sweet chillie sauce sauce and soya sauce (90% chille , 10% soya) and pour over the salmon making sure all of the fish is covered
5. Bake in oven at 180 for 25minuets
6. Serve with rice.



### **Caroline Nantais Cake**

Exotic scent recipe A happy marriage of sugar, almonds, butter and West Indian rum; a soft dessert with exotic flavors! The Nantes cake is characteristic of the pastry making of the turn of the century. Preparation and cooking Whisk vigorously the soft butter (ointment) with the sugar.



Add the almonds, then stir in the eggs 1 by 1. Mix well until the sugar is melted. Then add with a spatula, the sifted flour - without mixing too much - and 2 cl of rum. Butter widely, or better, line the cake mold with butter paper, pour in the preparation and bake the cake at 170 ° -180 ° for 40 to 45 minutes. Unmold the cake, leaving the upper part below and as soon as it comes out of the oven, sprinkle with 2 cl of rum. When the cake is cold, mix about 2 cl of rum with the icing sugar (to obtain a fluid consistency) and coat with this icing using a spatula. Tip: eat the Nantes cake the next day, it will be better. Practical information Utensil 1 mold 22 cm in diameter and 5 to 6 cm high Ingredients For 4 or 6 portions 150 gr caster sugar (15 gr of vanilla sugar - optional) 125 gr of semi-salted butter 100 gr of ground almonds 40 gr of flour 3 eggs 6 cl of dark rum (approximately) 50 gr of icing suga

## Danny & Milly Classic Bloody Mary

### Ingredients

- Celery salt
- 1 lemon wedge
- 1 lime wedge
- 2 ounces vodka
- 4 ounces tomato juice
- 2 teaspoons prepared horseradish
- 2 dashes Tabasco sauce
- 2 dashes Worcestershire sauce
- 1 pinch ground black pepper
- 1 pinch smoked paprika
- Garnish: parsley sprig
- Garnish: green olives
- Garnish: lime wedge
- Garnish: celery stalk



### Steps

1. Pour some celery salt onto a small plate.
2. Rub the juicy side of the lemon or lime wedge along the lip of a pint glass.
3. Roll the outer edge of the glass in celery salt until fully coated, then fill the glass with ice and set aside.
4. Squeeze the lemon and lime wedges into a shaker and drop them in.
5. Add the vodka, tomato juice, horseradish, Tabasco, Worcestershire, black pepper, paprika, plus a pinch of celery salt along with ice and shake gently.
6. Strain into the prepared glass.
7. Garnish with parsley sprig, 2 speared green olives, a lime wedge and a celery stalk (optional).

8. Now that you have finished the cocktail, test the flavour by tasting the spoon you have used to stir the cocktail in previous steps" "
9. Now that you have tasted the cocktail, you realise that tomato should go nowhere near something anyone drinks so proceed to pour the contents of your glass down the sink"

## Jess Fairy Bread Cob Loaf

### Ingredients

- 1 large cob loaf
- 160g (1 cup) CADBURY Baking White Chocolate Melts
- 80g CADBURY Baking White Chocolate, chopped
- 40g (1/3 cup) hundreds and thousands
- 500g cream cheese, at room temperature, chopped
- 100g (1/2 cup) caster sugar
- 300ml thickened cream
- 2 teaspoons vanilla extract
- 5-7 drops pink gel food colouring
- Marshmallows, to serve
- Pocky strawberry biscuit sticks, to serve
- Sour straps, to serve
- White freckles, to serve
- Wafer biscuits, to serve
- Strawberries, hulled, sliced, to serve

### Method

#### Step 1

Use a serrated knife to slice 4cm off the top of the cob. Scoop out the bread inside, leaving a 1cm-thick shell. Pull the excess bread from the lid. (Reserve bread for another use). Slice the top into 16 wedges.

#### Step 2

Place the white chocolate melts and white chocolate in a microwave-safe bowl. Microwave on Medium, stirring every 30 seconds, for 2 minutes or until melted. Stir until smooth.

#### Step 3

Use a spoon to drizzle some of the chocolate mixture over the rim of the cob. Lift and tilt the cob slightly to drizzle the chocolate down the side to form drips. Sprinkle some of the hundreds and thousands onto the chocolate.

#### Step 4

Dip the bread wedges into the remaining chocolate and place onto paper-lined tray. Sprinkle with the remaining hundreds and thousands. Set aside until set.

#### Step 5

Use electric beaters to beat the cream cheese and sugar in a bowl until smooth. Add the cream and vanilla. Beat until thick. Add the food gel and beat to combine. Spoon the mixture into the cob.



**Step 6**

Thread marshmallows onto Pocky sticks and stick into the cream cheese dip. Serve with the fairy bread wedges, sour straps, freckles, wafer biscuits and strawberries.

## Grandpa Steak and Vegetables

**Ingredients**

Eye fillet steak, Potatoes, Carrots, Peas, Cabbage or Brussel Sprouts

**Method**

Peel required amount of potatoes.

Prepare the cabbage by slicing a good quantity, or Brussel sprouts by cutting of stem and inserting a small amount of raw sugar into small cut on head.

Cut potatoes into medium sized pieces, cover with water in a saucepan, add a heaped teaspoon of salt and bring to the boil.

Peel the carrots and cut into two or three pieces and add to the saucepan with the potatoes.

Test with a fork for being cooked.

Put cabbage (or BS) into a separate saucepan cover with water, add some salt and boil.

Frozen Peas can be added to boiling water for 5 to 10 minutes.

Heat a frying pan or barbecue for the steak. Turn a few times while cooking. I like mine cooked medium, not too well done.

This should be all ready in about twenty minutes.



## Kerry and Jason Chicken Chorizo Chilli Pasta

### Chicken Chorizo Chilli Pasta.

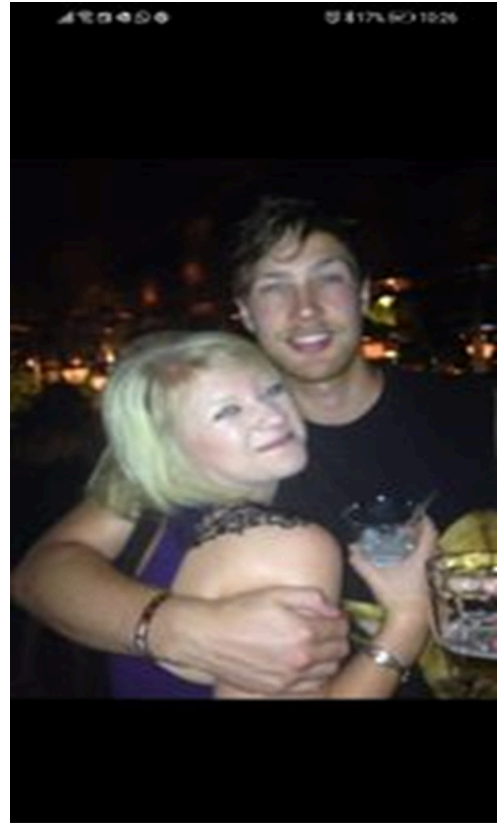
- 500g chicken thigh fillets chopped
- 2 chorizo sausages sliced
- 10 spring onions sliced thinly
- 300mls cooking cream
- 1-2 chillis
- 1/3 cup of grated parmesan cheese
- Tomato pesto
- 375g of bowtie pasta
- Cook 2/3 of spring onion and all of chilli
- Brown chicken
- Add chorizo cook until brown
- Add pesto stir through
- Add cooking cream combine thoroughly Slow simmer for 20 minutes
- Mean time cook bowtie pasta 3 minutes before sauce is cooked add parmesan cheese and remaining spring onion
- Mix sauce into cooked pasta and serve with extra parmesan.



# Clare Thai Prawn Ginger and Spring Onion

## Ingredients

- 200g Raw Tiger Prawns
- 1 Green Chilli. Chopped
- 1 Garlic Cloves. Finely Chopped
- 1 bunch Coriander Leaves & Stalks Separated
- 1 tbs Caster Sugar
- Juice Of 1 Lime
- 2 tbs Fish Sauce (nam Pla)
- 2 tbs Groundnut Oil
- 3cm Ginger Finely Chopped
- 8 Spring Onion Finely Sliced
- 1 Red Pepper Thinly Sliced
- Large handful Beansprouts
- 1 tbs Soy Sauce
- Egg Noodles and Lime Wedges



## Method

1. Put the chilli, garlic, coriander stalks (snipped with scissors first) into a small food processor (or spice grinder) and whizz together. Add half of the lime juice and all of the fish sauce and blend again. Pour into a bowl over the prawns and coat.
2. Heat 1 tbs oil in a wok, add the ginger and spring onions and fry for 1 min. Add the red pepper and fry for 1 min. Now add the beansprouts and toss until they start to wilt. Add the soy sauce and some black pepper. Tip all this into a dish.
3. Heat the remaining oil in the wok and add the prawns without the marinade. Toss for 1-2 mins until they turn pink then add the marinade and swirl the wok to gather all juices and then pour over the veg, snip over the coriander leaves and sprinkle over with the remaining lime juice.
4. Serve over noodles with lime wedges.

# Allan and Therese's Ginger Soy Scallops

## Ingredients

- 1 tablespoon finely grated fresh ginger
- 60ml (1/4 cup) Japanese sushi and sashimi soy sauce
- 60ml (1/4 cup) sushi seasoning
- 55g (1/4 cup) caster sugar
- 30 (about 500g) scallops, roe removed
- 1 tablespoon peanut oil
- White pepper
- Peanut oil, extra, to grease
- 3 shallots, end trimmed, thinly sliced (chives)

## Method

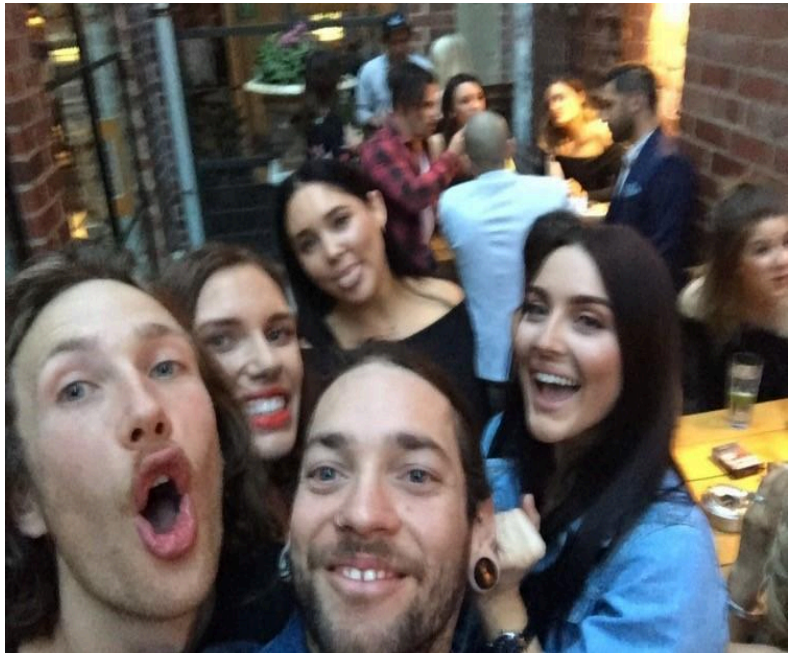
- Place the ginger, soy sauce, sushi seasoning and sugar in a bowl. Use a balloon whisk to whisk in the to whisk until the sugar dissolves.
- Combine the scallops and oil in a bowl. Season with white pepper.
- Pre-heat barbeque grill or chargrill on high. Brush with oil to grease.
- Cook one third of scallops for 20-30 seconds each side or until just cooked through. Transfer to a separate bowl.
- Repeat in two more batches, with remaining scallops.
- Divide the scallops and a little of the dressing among serving spoons. Sprinkle with shallots to serve.



## Amy's Liam Merrett- Park Everyday Stir - Fry

### Ingredients

- Love
- Infinite Wok
- Asiatic Garlic ( 2 cloves)
- Meat (Chicken, Beef, Turkey Mince & Kangaroo)
- Masterfoods satay sauce
- Extra virgin Olive Oil
- Red Chilli
- Rice (brown or white)
- Epazote Leaf
- Tamari
- Turkey tail mushroom
- Pear onion
- A bunch of snow peas
- Red Capicum
- Kaffir Lime



## Pril - Lamy Takes Greece: Pril's bitch easy SPANAKOPITA

Hi Lamps... so EVERYONE is loves the Spanakopita, obvs. But who can be bothered to a) find themselves an old Greek yiayia or take a full day to make it themselves. Soooo here is a cheat version.

For the filling..

### You will need

- 1 big red onion
- 2 gloves of garlic
- 500g spinach - roughly chopped
- 200g feta cheese – crumbled
- 2 eggs beaten
- Butter
- Salt and pepper

So sauté the onions in a large knob of butter, add the garlic. Then add the spinach in batches until its wilted and the put that all into a bowl to cool down. Then you will add the feta, eggs, salt and pepper. EASY.

Now for the pastry...

If you want to go authentic (obvs not homemade authentic)

### We need

- 3-4 sheets filo pastry which you can buy frozen.
- More butter

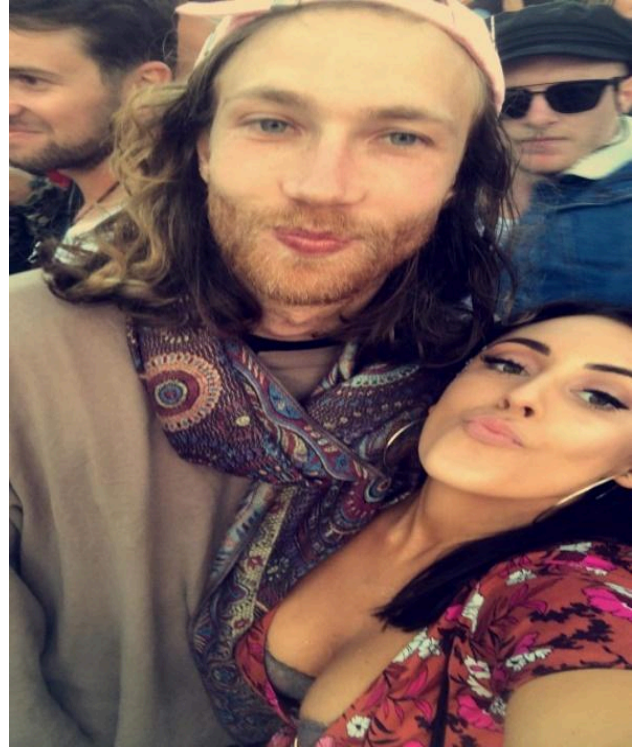
If you want this then make sure the oven is pre heated to 180. On a non stick backing pan put the first sheet of pastry down and brush with butter, letting the excess hang over the side of the pans. Then keep adding sheets and butter till you've used all sheets. Then tip the filling of the spanakopita and fold the excess edges of the pastry to cover and make the top. Butter the top and put in the oven for about 30 mins until golden brown and DELICIOUS.

Now for in a hurry SUPER Cheat version, you can literally buy like little pita pockets and shove the filling in those and put in oven or even cook the filling first and then shove it in etc.

Last and certainly not least, serve with Greek yoghurt or a Greek salad... ensure all guests post on Instagram

PLEASE AND THANK YOU

Love PRIL xxxxxxxxxxxxxxxxxxxxx



# Borgy's Chilli Oil

**Makes:** 1 litre

**Cooking Time:** 25 mins

## Ingredients

- 1 litre of neutral oil (vegetable or canola oil works best)
- 10 bay leaves
- 1 large piece of ginger, roughly sliced
- 6 cardamom pods, crushed with the side of your knife
- 6 pieces of star anise
- 4 stalks of spring onions, roughly chopped into 5cm stems
- 1 red onion, roughly chopped
- 2 cups of dried chilli flakes



## Method

1. Heat the oil in pan and once hot, add the dry aromatics: bay leaves, star anise and crushed cardamom pods.
2. After 2 minutes, add your fresh aromatics being the sliced ginger, spring onions and red onion.
3. Cook for 5 minutes on medium/low so that all the flavours can infuse into the oil. If the oil is too hot and furiously boiling, you will burn the aromatics versus allowing them to slowly infuse into the oil.
4. Turn off the stove and remove from the heat, allowing to cool down for 5 minutes. Once the oil has cooled down, strain the mixture into a bowl using a sieve to separate the aromatics from the oil.
5. Now slowly add your dried chilli flakes into the oil, mixing to combine and allowing to infuse and impart red colour into the oil.
6. Once the chilli oil has cooled down, spoon into sterilised glass jars and seal.
7. Store in the cupboard and then you can spoon over some dumplings or noodles...maybe some chicken or salad or something Liam I don't know whatever you like!

## Elly's Recipe for Recovery

Somehow, you even managed to convince me to enjoy a hangover. Impossible! I am so grateful for this and I wanted to remind you of the perfect recipe for recovery.

### Steps

1. Get up and drink some watersz.
2. Have a shower and get fresh and crean.
3. Pull out the couch. Retrieve a nice blanket and fluffy pillows. Get snuggly.
4. Grab your nearest smart phone, open the Domino's app. Select Prahran store for delivery.
5. Place order for multiple Pepperoni pizzas. These must be thin n' crispy base with extra pepperoni and extra cheese.
6. If applicable, apply coupon code, add sides of chicken dippers, ranch sauce and fizzy drink.
7. When door rings, retrieve food and set up. Eat food.
8. Be conchy and watch happy movie.



## Fi and Lochie's Recipe for a Good Time

### Step 1

Preheat the night club to 180C.

### Step 2

Place 1 Liam in a food processor and whiz until chopped. With the motor running, add 1 Lochie, whizzing until smooth. Add 1 Fiona and whiz for a further 30 seconds or until thickened and combined.

### Step 3

Pour batter into an Uber. Halve 1 Bridget, then place on top of batter, pressing down lightly.

### Step 4

Bake for 4 hours or until the edges are just set but with a gentle wobble in the center. Return to night club for a further hour if not fully cooked.

### Step 5

Remove from night club.

Cool for 30 minutes, season with a pinch of Harry and enjoy!



# Jade and Milky's Lime Mojito Cheesecake

## Ingredients

- 50 g unsalted butter, plus extra for greasing the tin and your own body
- 160 g Granita or Butternut Snap biscuits
- 100 g sugar (use less if for some weird reason you chose butternut snap above)
- 2 limes, zest only, no white pith lol piss
- 10-15 mint leaves, plus extra for garnishing or smoking
- 250 g cream cheese, soft, like you
- 1/3 cup lime juice
- 2 tbsp white Cuban rum
- 300g whipping cream, plus extra for sexy cream bikini

## Method

- Blend and mix biscuits and butter, press into springform tin base and putting in freezer isn't it.
- Sugar, lime peel and mint leaves into chomping device and whizz about fast for 15sec x3 until all nice and evenly chopped.
- Add cream cheese and mix til fluffy, then add lime juice and rum and mix.
- Now whip the cream in different clean bowl until firm but don't over whip. Mix together with stuff you just made, then pour over bass bass bass bass buttery biscuit base.
- Cover with a glad wrap and putting in freezer for a few hours.
- Take out 30 min or so before serving and garnish with mint leaf.



## Isla's pulled pork

### Ingredients

- Boneless Pork Shoulder
- 1 brown onion
- 1 cup BBQ sauce
- ¼ cup American mustard 3 garlic cloves
- 1 cup of water
- 1 cube chicken stock
- 2 tbsp Worcestershire Sauce

### method

- Sprinkle of chilli flakes
- Add all ingredients to a slow cooker
- And cook 8-10 hours on low (once cooked remove fat and pull apart with two forks)



## Kiros Lasanga

### Ingredients

#### Sauce

- Olive oil
- 4 celery sticks
- 1 red capsicum
- 1 green capsicum
- 3 zucchini
- 3 carrots
- 3 cloves of garlic
- 1 tbl spn dried mixed herbs
- 1 brown onion
- 2 cans crushed tomatoes
- 1 bottle of passata
- 1 tub tomato paste

#### Bechamel



- 3 heaped tbl spns of butter
- 2/3 cup of plain flour
- 1 cup tasty cheese
- 3 medium eggplants
- 1 packet of fresh pasta sheets

## **Instructions**

### **Sauce**

1. Chop the onion and garlic finely, add to a large saucepan with olive oil and the mixed herbs. Sautee on medium to high heat until soft and translucent.

2. Finely chop the green and red capsicum and the celery.

I repeat finely.

This is why the sauce is so special, because the vegetables are chopped up so small you don't notice them there.

3. Grate the zucchini and the carrots. Add them to the saucepan along with the capsicum and the celery.

Sautee the vegetables on a medium to high heat so they sweat and start producing juices.

4. Once the vegetables start to get soggy, reduce to a low heat and add two cans of crushed tomatoes. Add a small amount of water to each can to get the last of the tomato out and add this to the saucepan too.

Add the bottle of passata and stir through the vegetables.

Cook at a low heat for 45 – 60 minutes until the sauce has thickened and there is no extra liquid. This can be done in advance, the night before or day of.

## Bro Night Crispy Wings

### Ingredients

- 1.5l Chicken
- 16 chicken
- Fish sauce
- Tapioca Flour
- Vegetable oil (frying)
- 1 large red
- Bandit Sauce:
  - 1 stick
  - 1 ginger
  - 1
  - ½ –
  - ½ chilli –
  - ¾ chilli – chopped
  - 200gm palm sugar – grated
  - 1 cup lemon juice
  - 1 kaffir lime leaf – julienned



Stock  
wings jointed

(for deep

chili

lemongrass –  
chopped  
small knob  
– finely  
chopped  
clove garlic –  
crushed  
large red chilli  
chopped  
large green  
chopped  
birds eye

## Method

1. Bring stock to the boil in large pot, add chicken wings and return to boil.
  - a. Reduce to low simmer and cook 5-10min (meat should be tender)
  - b. Take off heat, remove wings and place on tray to cool – better to put in fridge overnight (optional)
  
2. Make sauce
  - a. Pound lemongrass, ginger, garlic, chilli to a paste – put to one side
  - b. Dissolve palm sugar with lemon juice
  - c. Once paste form – mix in chilli mixture, kaffir lime and splash of fish sauce.
  
3. Drip wings in fish sauce then tapioca flour – deep fry in hot oil until crisp (10 mins)
  
4. Arrange on plate and sprinkle chopped chillies on
  
5. Serve with bandit sauce for dipping



## Tahnye's Spicy Margs!

### Ingredients

- 1 lime wedge
- 2 jalapeño coins, seeds removed
- 30ml of blanco tequila
- 1 tablespoon of orange liqueur
- ¼ cup of lime juice, freshly squeezed
- 1 tablespoon of agave syrup
- Garnish: salt rim
- Garnish: jalapeño coin

### Steps

1. Rub the rim of a rocks glass with a lime wedge, dip the rim in salt to coat, and set aside.
2. Add the jalapeño coins to a shaker and gently muddle.
3. Add the blanco tequila, orange liqueur, lime juice and agave syrup, plus ice, and shake until well-chilled.
4. Strain into the prepared glass over fresh ice.
5. Garnish with a jalapeño coin.





## Tom and Zoe's Spicy Pumpkin Soup

### Ingredients

- 1 butternut pumpkin
- 1 leek (white part only)
- 1 brown onion
- 1 large potato
- 2 Birdseye chilli (more if you dare!)
- 3 cloves of garlic
- 2 teaspoons of grounded coriander
- 2 teaspoons of grounded cumin
- 2 teaspoons of nutmeg
- 50g of butter
- 1L of chicken stock (salt reduced)
- 125mls of thickened cream



## Method

1. Roughly chop the leek, onion and garlic.
2. In a large pot, add a generous amount of oil.
3. Add the leek, onion, garlic and butter to the pot on medium-high heat and sauté until softened.
4. Add diced Birdseye chilli, spices and salt/pepper to season. Cook for 5 minutes to cook away some of the heat from the chillies.

## Easy Pancetta Aglio Olio

### Ingredients

- 50g Pancetta or Speck finely diced
- Fresh Italian parsley (bunch) chopped
- 100g pecorino cheese finely grated
- 1 egg
- 500g pasta Salt + pepper
- ½ cup olive oil

### Preparation

1. Fry the pancetta in a pan with the olive oil until crispy on the outside.
2. Cook pasta to taste.
3. Add all the ingredients to a large mixing bowl with the cheese last.
4. Crack the fresh egg in and mix all thoroughly adding salt and pepper to taste.
5. Serve!



## Trousers Rotisserie Chicken's Crispy Buffalo Wings & Blue Cheese Sauce

### Ingredients

#### Crispy baked wings

- 2kg chicken wings, wingettes & drumettes
- 5 teaspoons baking powder (NOT baking soda / bi-carb soda) (Note 2)
- 3/4 teaspoons salt

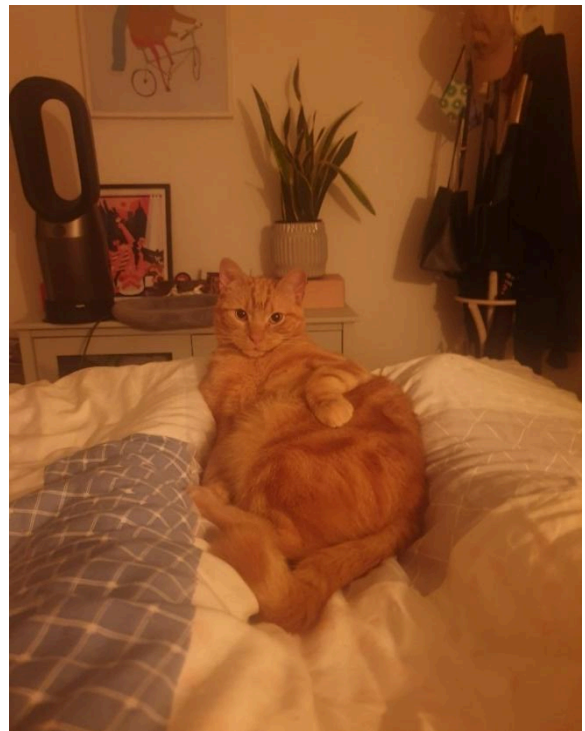
#### Hot sauce (heat factor – sass)

- 4 tbsp (60g) unsalted butter, melted
- 1/2 cup Frank's Original Red Hot Sauce (Note 3)
- 1 tbsp brown sugar
- 1/4 tsp salt

*Serving Suggestion Above\**

#### Blue cheese dip

- ½ cup crumbled blue cheese, softened (I use gorgonzola)
- ½ cup sour cream
- ¼ cup mayonnaise
- 1 clove small garlic, minced
- 1 - 3 tbsp milk
- 2 tbsp lemon juice
- ½ tsp salt



- Black pepper

## Instructions

### Crispy baked wings

If you plan ahead, lay the wings on a rack on a rimmed baking tray and let them dry uncovered in the fridge overnight. Alternatively, pat them dry with paper towels.

Preheat the oven (Or heater if you are a lil baby chicken) to 250°F/120°C (all oven types). Put one oven shelf in the lower quarter of the oven and one in the top quarter.

Line the tray with foil. Spray the rack on the baking tray with oil.

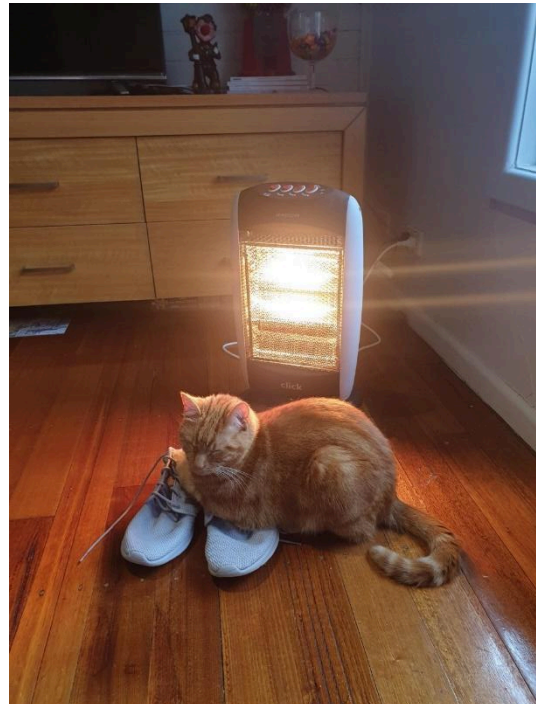
Place the wings in a large bowl. Sprinkle over baking powder and salt. Use hands to toss well (or shake in ziplock bag) to coat wings evenly.

Place the wings skin side up on the rack (ok if snug, they shrink). Bake on the lower shelf in the oven for 30 minutes.

Then move the tray up to the higher shelf and turn the oven up to 425°F / 220°C. Bake for a further 40 to 50 minutes, rotating the tray halfway through. The wings do not need to be turned over.

The wings are ready when they are dark golden brown and the skin is very crispy.

Toss with Hot Sauce and serve immediately with Blue Cheese Dip and celery sticks. They can be served plain, with a dipping sauce or tossed in sauce. Wings also reheat crispy!



### Hot sauce

Whisk together the Sauce ingredients. Keep warm or reheat just prior to using.

### Blue cheese dip

Mash the blue cheese with sour cream until smooth (or to your taste).

Add remaining ingredients and mix well until combined, using milk to get it to the consistency you want.

## Recipe Notes

1. Wings - While this recipe can be used for whole chicken wings, I prefer to cut them into wingettes and drumettes to make them easier to eat. See below for how to cut wings.

You will need 2.15kg / 4.3 lb of whole wings to make 2kg/4lb of wingettes and drumettes, after taking into account the wing tips which are discarded.

2. Baking powder - Use aluminium free baking powder, if you can find it, the flavour is neutral. If you can't find it, it's totally fine - just be sure to toss the wings very well to coat evenly, you do not want thick patches of the baking powder anywhere.

Baking powder is the secret to outrageously crispy baked wings, discovered by Cooks' Illustrated / America's Test Kitchen. DO NOT mistake with baking soda /bi-carbonate soda - if you use baking soda accidentally, it is inedible.

3. Franks Hot Sauce - If you are in Australia, you can find Frank's Hot Sauce at Coles and Woolworths in the section where tomato sauce, tabasco etc are. It costs around the same as other hot sauces. If you can't find Franks, then any other hot sauce will do just fine. Even sriracha works - just add 1 tsp of sugar.

4. General notes:

\* Salt - only a small amount is required, it's a phenomenon I can't explain but this small amount perfectly seasons 2kg/4lb of wings using this baking method.

\* These shrink when baked because the fat under the skin renders out (melts) which is how these become super crisp. So they can be snug on the rack.

\* They are JUICY not dry, despite the long cook time. This is because the first bake at the lower temp barely cooks them, it only melts the fat.

\* These bake to a golden brown, not a deep golden brown. You will know they are done because the skin will be lovely and crispy.

## Troy's Nan's ANZAC Biscuits (makes 25-30)

Literally the thing I make the most often I love them omg

### Ingredients

- 1 cup rolled oats
- 1 cup sugar
- 1 cup flour (plain)
- ¾ cup desiccated coconut
- ½ cup butter
- 1 tbs golden syrup
- 1 tsp bi-carb soda
- 2 tbs boiling water

### Method

- Pre heat oven 160° (slow oven)
- Mix oats, sugar, flour and coconut well
- Melt butter and syrup together in pot
- Mix soda with boiling water and quickly add to butter and syrup. It will froth up like volcano in a science experiment.
- Once it starts fizzing add to dry ingredients and mix well
- Ball about 1tbs of mix in hand and onto trays and slightly flatten
- Bake for approx. 15 min

Note: for a more chewy cookie, put more golden syrup in mix.



**Nana Madsen Mince**





mince  
mince + RL  
onion  
garlic  
chicken noodle soup  
dash soy sauce  
water  
mixed vegs pkt  
frozen

## Nana Park Date Loaf

In a saucepan put

- 1 cup Dates,
- 1cup sugar,
- 1 cup of water,
- 250 gms butter

Bring to the boil slowly, until the dates are soft, I sometimes use a potato masher to help.

Turn off heat, then add 1 teaspoon of Bi-Carb Soda, it will fluff up, give it a bit of a stir, let that cool, then add 1 egg, mix that in, add 1 cup of SR flour, 1 cup plain flour,

Put in a greased or line with baking paper, loaf tin, cook on 180 deg for about 45mins, check with a skewer should be clean.

When cold cut in to slices and spread with butter.

*A Favourite Recipe of Great Nanna Cummins. Nanna Cummins made this to take to football every week, and I loved it, spread with butter.*

## Xavier Chicken Parmi

### Ingredient

- 2 teaspoons finely grated lemon rind
- 1 garlic clove, crushed
- 1 teaspoon oregano leaves



- 1 cup panko breadcrumbs
- ¼ cup plain flour
- 1 egg, lightly beaten
- 1 tablespoon milk
- 2 Lilydale Free Range Chicken Breast, halved horizontally
- ¼ cup extra virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed, extra
- 700g bottle tomato passata
- 2 tablespoons chopped fresh basil, plus extra to serve
- ½ x 250g ball buffalo-style mozzarella, sliced
- 1/3 cup finely grated parmesan
- Salad leaves, to serve

## Method

### Step 1

Combine rind, garlic and oregano in a large shallow bowl. Add breadcrumbs. Season with salt and pepper. Mix well. Place flour in a bowl. Whisk egg and milk in a separate shallow bowl. Working with 1 chicken piece at a time, toss in flour. Dip in egg mixture, then press in breadcrumb mixture to coat. Transfer to a plate.

### Step 2

Heat 2 tablespoons oil in a large frying pan over medium-high heat. Cook chicken for 4 to 5 minutes each side or until golden. Transfer to a plate.

### Step 3

Heat remaining oil in pan. Add onion. Cook, stirring, for 5 minutes or until softened. Add extra garlic. Cook for 1 minute or until fragrant. Stir in passata and basil. Season. Bring to a simmer. Simmer for 3 to 4 minutes or until slightly thickened.

### Step 4

Preheat grill on medium-high. Spoon half the passata mixture onto a baking tray. Top with chicken. Spoon over remaining passata mixture. Top chicken with mozzarella and parmesan. Grill for 4 to 5 minutes or until cheese is melted and golden. Stand for 2 minutes. Top with extra basil. Serve with salad leaves.

## Kylies Banana Choc Chip Muffins

(because we ate a lot of these together growing up)

### Ingredients

- 1 ripe banana mashed
- 1 egg beaten
- 1 tablespoon of oil



- ½ cup of milk
- 1½ cups of SR Flour
- ½ cup raw sugar
- 1/3 cup choc chips

### **Method**

Mix banana, beaten egg & oil together till smooth. Add to flour & sugar, add milk to make batter wetter.

Spoon into muffin trays.

Bake at preheated oven at 180 degrees for 30 minutes or until golden brown Yummiest when hot

## **Kane Sticky Date Pudding**

### **Ingredients**

- 340g Fresh Dates, Seeded And Chopped
- 1½ Cups (375ml) Boiling Water
- 1½ Teaspoons Bicarbonate Of Soda
- 150g Unsalted Butter, Chopped
- 1 Cup (175g) Brown Sugar
- 3 Eggs
- 1½ Cups (225g) Self-Raising Flour

### ***Butterscotch Sauce***

- 80g Unsalted Butter, Chopped



- 1½ Cups (265g) Brown Sugar
- 1 Cup (250ml) Single (Pouring) Cream

## Method

1. Preheat oven to 160°C. Place the dates, water and bicarbonate of soda in a medium bowl and set aside for 5 minutes. Place the date mixture, butter, sugar and eggs in a food processor and process until well combined. Sift the flour over the date mixture and process until smooth.
2. Pour the mixture into a lightly greased 20cm square cake tin lined with non-stick baking paper and cook for 55–60 minutes or until cooked when tested with a skewer. Allow to cool in the tin for 10 minutes before turning out onto a wire rack.
3. To make the butterscotch sauce, place the butter and sugar in a medium saucepan over high heat and stir until the sugar has dissolved. Gradually add the cream, stirring to combine. Bring to the boil and cook for 6–8 minutes or until thickened slightly.
4. Slice the sticky date pudding into squares and serve warm or at room temperature, drizzled with the butterscotch sauce. Serves 6–8.

### TIPS:

*+ For a coffee sticky date pudding, add 1 tablespoon of instant coffee granules in with the dates in step 1.*

*+ For a salted caramel sticky date pudding, add ¼ teaspoon salt flakes to the butterscotch sauce. Sprinkle with extra salt to serve.*

*+ You can freeze the pudding (before saucing) – just wrap in non-stick baking paper and freeze in an airtight container for up to one month. Simply reheat at 160°C when read to serve.*

## Noah Sushi

### Ingredients

#### For the rice

- 300g sushi rice
- 100ml rice wine vinegar
- 2 tbsp golden caster sugar

#### For the Japanese mayonnaise

- 3 tbsp mayonnaise
- 1 tbsp rice wine vinegar
- 1 tsp soy sauce

#### For the sushi



- 25g bag nori (seaweed) sheets
- choose from the following fillings: cucumber strips, smoked salmon, white crabmeat, canned tuna, red pepper, avocado, spring onion

#### **To serve with all styles of sushi**

- wasabi (optional - and fiery!)
- pickled\_ginger
- soy\_sauce

## **Method**

### **Step 1**

**KIDS the writing in bold is for you.** ADULTS the rest is for you. TO MAKE SUSHI ROLLS: **Pat out some rice.** Lay a nori sheet on the mat, shiny-side down. Dip your hands in the vinegared water, then pat handfuls of rice on top in a 1cm thick layer, leaving the furthest edge from you clear.

### **Step 2**

**Spread over some Japanese mayonnaise.** Use a spoon to spread out a thin layer of mayonnaise down the middle of the rice.

### **Step 3**

**Add the filling.** Get your child to top the mayonnaise with a line of their favourite fillings – here we've used tuna and cucumber.

### **Step 4**

**Roll it up.** Lift the edge of the mat over the rice, applying a little pressure to keep everything in a tight roll.

### **Step 5**

**Stick down the sides like a stamp.** When you get to the edge without any rice, brush with a little water and continue to roll into a tight roll.

### **Step 6**

**Wrap in cling film.** Remove the mat and roll tightly in cling film before a grown-up cuts the sushi into thick slices, then unravel the cling film.

### **Step 7**

TO MAKE PRESSED SUSHI: **Layer over some smoked salmon.** Line a loaf tin with cling film, then place a thin layer of smoked salmon inside on top of the cling film.

### **Step 8**

**Cover with rice and press down.** Press about 3cm of rice over the fish, fold the cling film over and press down as much as you can, using another tin if you have one.

### **Step 9**

**Tip it out like a sandcastle.** Turn block of sushi onto a chopping board. Get a grown-up to cut into fingers, then remove the cling film.

#### Step 10

**TO MAKE SUSHI BALLS: Choose your topping.** Get a small square of cling film and place a topping, like half a prawn or a small piece of smoked salmon, on it. Use damp hands to roll walnut-sized balls of rice and place on the topping.

#### Step 11

**Make into tight balls.** Bring the corners of the cling film together and tighten into balls by twisting it up, then unwrap and serve.

### Recipe tips

#### WHAT KIDS CAN LEARN FROM MAKING SIMPLE SUSHI

Here are two key skills that will be useful for many other recipes. **COOKING RICE:** You can use this method of cooking rice for basmati rice (but don't add the vinegar mixture). You'll end up with perfect fluffy rice. **ROLLING:** The same technique is used for roulades and rolled sponges – a useful skill for a child to learn.

## Chantal Irresistible White Choc Chip Cookies

### Ingredients

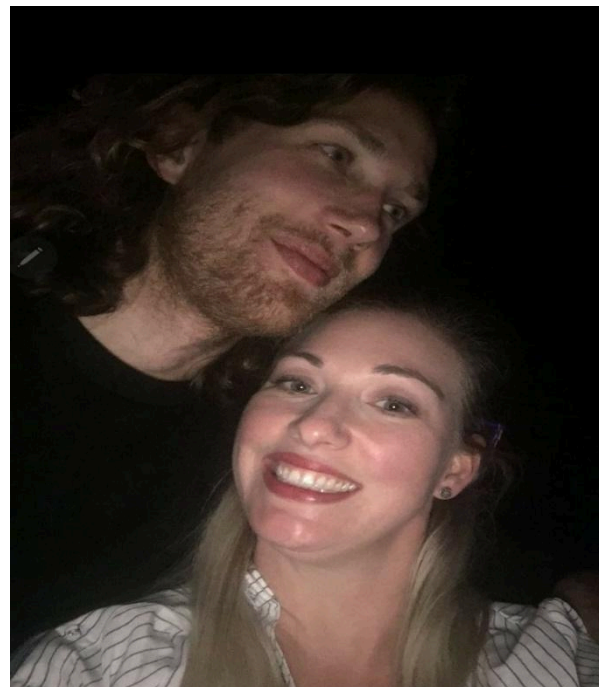
- 125 g butter, softened
- 165 g brown sugar
- 1 egg
- 255 g self-raising flour
- 200 g Nestle Bakers Choice White Choc Bits

### Method

Preheat oven to 170°C/150°C fan forced. Grease and line two baking trays with baking paper.

Using an electric mixer, beat butter and brown sugar until pale and creamy, add egg; beat until just combined. Stir in flour and Nestle White Choc Bits. Mix until well combined.

Roll level tablespoons of mixture into balls; place 4cm apart on prepared trays; gently press down on cookies to flatten slightly. Bake for 15 minutes or until golden. Set



aside on trays for 5 minutes; transfer to a wire rack to cool completely.

## Matara Apricot Chicken

### Ingredients

- 1kg chicken thigh
- 1 onion
- 1 packet french onion soup mix
- 1 can apricot nector
- Olive Oil

### Method

Roughly chop chicken & dice onion.

Heat Olive oil in pan, cook chicken & onion until browned. Add in apricot nector and french onion soup mix. Cook until chicken is cooked through and sauce has thickened.

Serve with rice or mash



## Ollie and Kobee Banana Bread



## Ingredients

- Melted butter, to grease
- 265g (1 3/4 cups) self-raising flour
- 40g (1/4 cup) plain flour
- 1 teaspoon Coles Cinnamon Ground
- 140g (2/3 cup, firmly packed) brown sugar
- 2 overripe medium bananas, mashed
- 2 eggs, lightly whisked
- 125ml (1/2 cup) skim milk
- 50g butter, melted, cooled

## Method

### Step 1

Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

### Step 2

Sift the combined flours and cinnamon into a large bowl. Stir in the sugar and make a well in the centre. Mash bananas in a medium bowl. Add the eggs, milk, and melted butter, and stir until well combined. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.

### Step 3

Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve.

## Guy Onion Fried Dahl. (Side dish for Indian curry)

### Ingredients

- 1 med onion
- 2 cloves of garlic
- 2 cups of yellow lentils



- 1 small chilli
- ¼ cup of olive oil
- 2 litres of water (approx)

## Method

- Thinly slice onion and fry in 1/2 of the oil until well cooked (almost crispy)
- Put aside heat the remaining oil in pan add garlic (crushed) and diced chilli
- Add lentils to oil and lightly fry
- Poor in enough water to cover and simmer until water has reduced if lentils need more cooking add more water and repeat until Dahl is at desired consistency
- Poor into serving bowl and garnish with onion
- Serve immediately.

## Clints Butter Chicken

### Ingredients

#### For the chicken marinade

- 28 oz (800g) boneless and skinless chicken thighs or breasts cut into bite-sized pieces
- ½ cup plain yogurt
- 1½ tablespoons minced garlic
- 1 tablespoon minced ginger (or finely grated)
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon of salt

#### For the sauce

- 2 tablespoons olive oil
- 2 tablespoons ghee (or 1 tbs butter + 1 tbs oil)
- 1 large onion, sliced or chopped
- 1½ tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- 1½ teaspoons ground cumin
- 1½ teaspoons garam masala
- 1 teaspoon ground coriander
- 14 oz (400 g) crushed tomatoes
- 1 teaspoon red chili powder (adjust to your taste preference)
- 1¼ teaspoons salt (or to taste)
- 1 cup of heavy or thickened cream (or evaporated milk to save calories)
- 1 tablespoon sugar



- ½ teaspoon kasoori methi (or dried fenugreek leaves)

## Instructions

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
5. Add crushed tomatoes, chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
6. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
7. Pour the puréed sauce back into the pan. Stir the cream, sugar and crushed kasoori methi (or fenugreek leaves) through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.
8. Garnish with chopped cilantro and serve with fresh, hot garlic butter rice and fresh homemade Naan bread!

## Dads Spaghetti Bolognese

### Ingredients

- 500 grams beef mince
- 1 bottle of Dolmio Red Wine pasta sauce
- 1 onion
- Small pieces of Broccoli and Zucchini added to hide and see if the kids find it
- Packet of Spaghetti
- Table spoon of sugar

### Method

1. Cut onion into small cuts and fry. Make the house smell good for when the family come home
2. Once onions start to change colour add beef mince and cook until the mince turns brown.
3. Boil enough water to cook a packet of spaghetti. Then add spaghetti into boiling water. Simmer and stir early to stop spaghetti sticking together.
4. Add Sugar, Broccoli and Zucchini along with the pasta sauce to the onion and mince. Simmer and stir occasionally.
5. Once spaghetti is cooked, drain and rinse in a colander.
6. Serve spaghetti onto plates then add pasta sauce mix onto plates.



## Dani's Pulled Pork

### Ingredients

- Pork shoulder skin removed
- Brown sugar
- Salt
- Smoked paprika
- Ground cumin
- Fennel seeds
- Ground ginger
- Sage
- Oregano
- Chilli flakes
- Star anise
- Clove
- (Any other spices you're feeling)
- 400g jar Tomato passata
- Soy sauce
- Apple cider vinegar



### Method

1. Mix sugar and spices together to create dry rub and massage well into the pork. Leave overnight if the fridge is possible.
2. Sear the pork until the outside begins to caramelize.
3. Place the pork either in a big pot on the stove or slow cooker and cover with apple cider.
4. Cook on low for 3-6 hours.
5. Remove pork and pull apart with a fork.
6. Reduce cider on the stovetop and add the jar of tomato passata, a dash of soy sauce, splash of apple cider vinegar and some more sugar to taste.
7. When the sauce is nice and thick add pork back into the pot.
8. At this stage it's ready to eat but I like to give it an extra day in the fridge as it always tasted better the next day.

## Lachs Golden Syrup Dumplings

### Dumplings

- 1 cup self raising flower -pinch of salt
- 1 tablespoon of butter
- 1 beaten egg
- 1 table spoon of milk

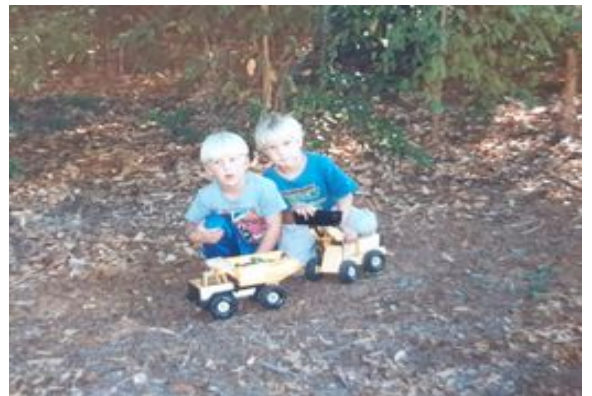
Rub butter and salt into the flower, add milk and egg to make the dough.

Roll into approximately 6 balls (dumplings) and place into casserole dish.

### Syrup

- 1 cup of boiling water
- 1/2 cup of sugar
- 1 tablespoon of butter
- 2 table spoons of golden syrup

Combine all ingredients in small saucepan over the stove until sugar is dissolved and butter melted and has formed a syrup. Poor this syrup over the dumping and cook in over for approximately 20 mins Serve with cream





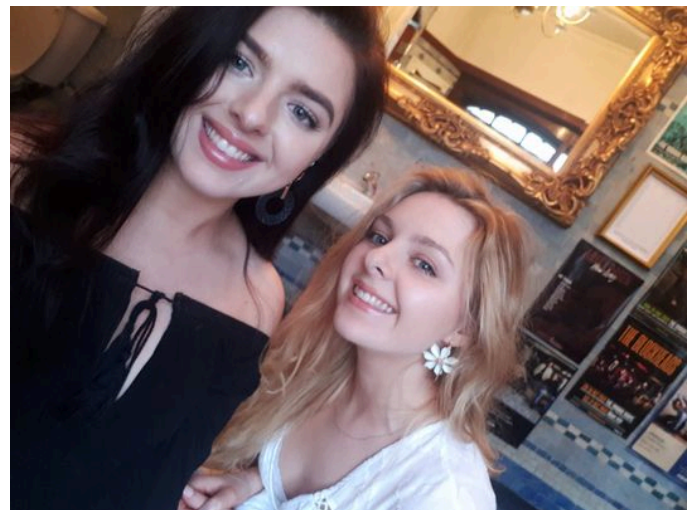
## Imogen Arwen Pizza

### Description

Follow these basic instructions for a thick, crisp, and chewy pizza crust at home. The recipe yields enough pizza dough for two 12-inch pizzas and you can freeze half of the dough for later. Close to 2 pounds of dough total.

### Ingredients

- 1 and 1/3 cups (320ml) warm water (between 100-110°F, 38-43°C)
- 2 and 1/4 teaspoons Red Star Platinum instant yeast (1 standard packet)
- 1 Tablespoon (13g) granulated sugar
- 2 Tablespoons (30ml) olive oil
- ¾ teaspoon salt
- 3 and ½ cups (450g) all-purpose flour (spoon & leveled), plus more for hands and Surface sprinkle of cornmeal for dusting the pan



### Instructions

1. Whisk the warm water, yeast, and granulated sugar together in the bowl of your stand mixer fitted with a dough hook or paddle attachment. Cover and allow to rest for 5 minutes. \*If you

don't have a stand mixer, simply use a large mixing bowl and mix the dough with a wooden spoon or rubber spatula in the next step.

2. Add the olive oil, salt, and flour. Beat on low speed for 2 minutes. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 3-4 minutes (for a visual, watch me do it in the video above!). The dough can be a little too heavy for a mixer to knead it, but you can certainly use the mixer on low speed instead. After kneading, the dough should still feel a little soft. Poke it with your finger – if it slowly bounces back, your dough is ready to rise. If not, keep kneading.
3. Lightly grease a large bowl with oil or nonstick spray– just use the same bowl you used for the dough. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise at room temperature for 60-90 minutes or until double in size. (Tip: For the warm environment on a particularly cold day, heat your oven to 150°F (66°C). Turn the oven off, place the dough inside, and keep the door slightly ajar. This will be a warm environment for your dough to rise. After about 30 minutes, close the oven door to trap the air inside with the rising dough. When it's doubled in size, remove from the oven.)
4. Preheat oven to 475°F (246°C). Allow it to heat for at least 15-20 minutes as you shape the pizza. Lightly grease baking sheet or pizza pan with nonstick spray or olive oil. Sprinkle lightly with cornmeal, which gives the crust extra crunch and flavor. Highly recommended.
5. Shape the dough: When the dough is ready, punch it down to release any air bubbles. Divide the dough in half. (If not making 2 pizzas, freeze half of the dough for another time– see freezing instructions below.) On a lightly floured work surface using lightly floured hands or rolling pin, gently flatten the dough into a disc. Place on prepared pan and, using lightly floured hands, stretch and flatten the disc into a 12-inch circle. Lift the edge of the dough up to create a lip around the edges. I simply pinch the edges up to create the rim. If using a pizza stone, place the dough directly on baker's peels dusted with cornmeal.
6. Cover dough lightly with plastic wrap or a clean kitchen towel and allow to rest for a few minutes as you prepare your pizza toppings. I suggest pepperoni & green peppers or jalapeño slices, extra cheese pizza, Hawaiian pizza, classic margherita pizza, spinach artichoke white pizza, or homemade BBQ chicken pizza.
7. Top & bake the pizza: To prevent the filling from making your pizza crust soggy, brush the top lightly with olive oil. Using your fingers, push dents into the surface of the dough to prevent bubbling. Top with your favorite toppings and bake for 12-15 minutes.
8. Slice hot pizza and serve immediately. Cover leftover pizza tightly and store in the refrigerator. Reheat as you prefer. Baked pizza slices can be frozen up to 3 months.

And for the pizza sauce I use an extra virgin olive oil, jar of passata garlic, cherry tomatoes fry up and let it simmer till it becomes quite thick, season with salt pepper fresh basil chilli flakes and oregano

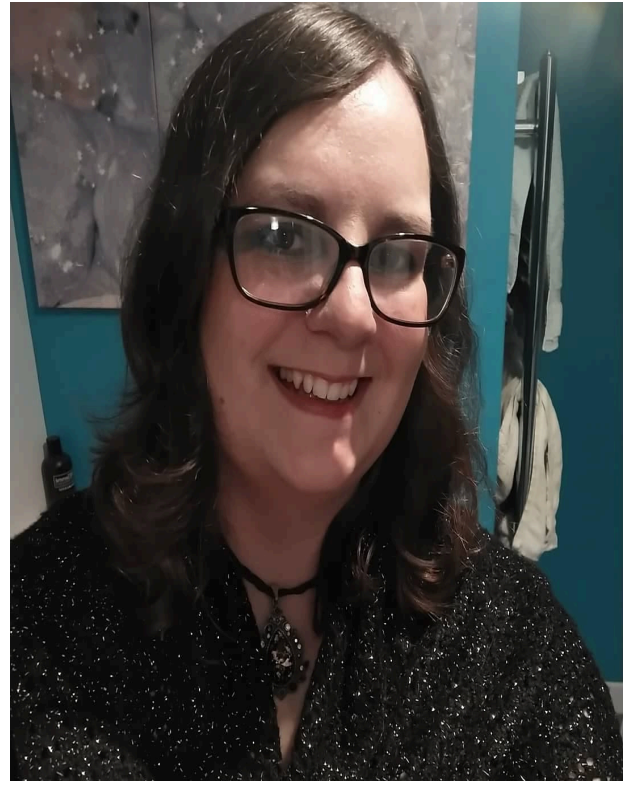
## Maria Chorizo Pesto Pasta

### Ingredients

- 250g pasta twists or penne pasta (usually half bag of supermarket pasta)
- ½ head of broccoli
- ½ tin of kidney beans 6 round slices of chorizo
- ½ jar of red pesto 3 pinches of oregano (or as little/much preferable)

### Methods

1. Boil pasta at med/high heat for 20 mins
2. While pasta is boiling, cut up broccoli and chorizo slices into smaller pieces.
3. 5 mins before pasta is boiled, pre-steam/boil broccoli and simmer kidney beans at medium heat.
4. Drain pasta, kidney beans and broccoli (if boiled) and add all into pasta pan. Add chopped chorizo.
5. Stir in pesto, add oregano and cook altogether at a medium heat for 2 minutes. You can add other vegetables/meat into the recipe but this is my favourite combination. Goes along very well with white or rose wine.



## Traceys 5 Cup Tea Cake

### Ingredients

- 1 cup SR Flour
- 1 cup Dark Brown Sugar
- 1 cup Desiccated Coconut
- 1 cup Sultanas (od dates, walnuts, any dried fruit)

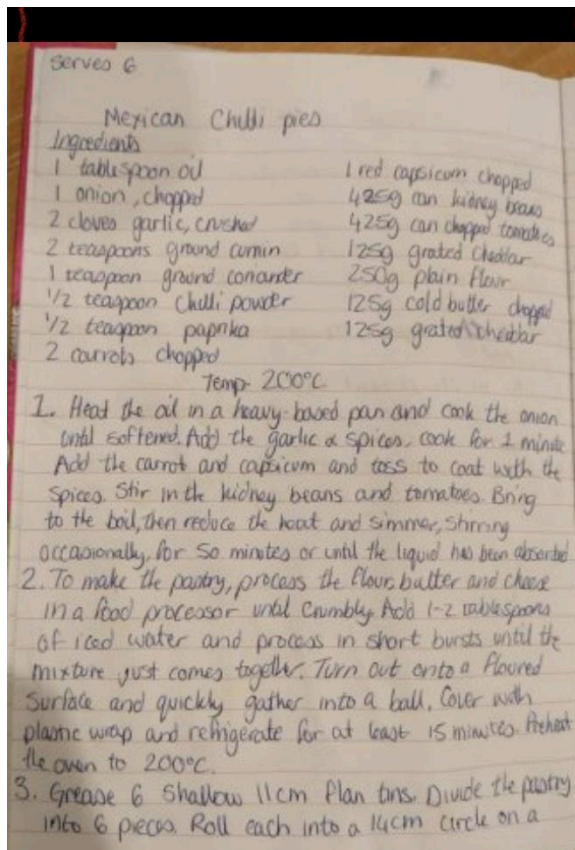


- 1 cup Milk (add a mashed old banana for extra moistness)

## Method

1. Mix together and put in a loaf tin lined with baking paper.
2. Bake in 180 degree oven for 40-45 mins

## Emma Hopper Mexican Chilli Pies



Sheet of baking paper, and line the tin. Cover with baking paper and fill evenly with baking beads and bake for 8 minutes. Remove the paper and beads and bake for a further 8 minutes. Allow to cool

4. Add the filling to the pastry shells. Top with the cheddar and bake for 10 minutes, or until the cheese has melted.

Optional - Add chopped avocado, a spoonful of sour cream and some paprika.

## Sarah Hopper Biscoff Pie

A giant chocolate chip cookie pie filled with Lotus Biscoff spread! Super quick and easy to make and tastes so so delicious warmed up. Sound on for full instructions Wait until the end for the ASMR

### All you need is

- 200g unsalted butter, softened
- 250g light brown sugar
- 2 egg yolks
- 1 tsp vanilla extract
- 300g plain flour
- 1 tsp baking powder
- 150 chocolate chips (+20g for topping)
- 200g Biscoff spread

Bake 160C (fan) 15-20mins Tin size: 9"



# Carly Sutherland Leek and Chicken Pie

## Ingredients

### Serves: 6

- 2 tablespoons olive oil, divided
- 6 skinless chicken breast fillets, cubed
- 4 tablespoons white wine (optional)
- 2 medium leeks, chopped
- 15g butter
- 1 tablespoon plain flour
- 750ml milk
- 1 cube chicken stock
- salt and pepper, to taste
- 1(500g) block puff pastry, thawed if frozen

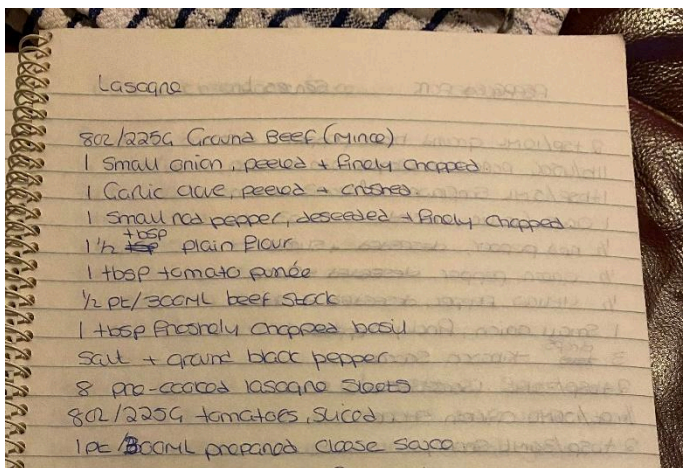
## Method

Prep: 30 min > Cook: 45 min > Ready in: 1 hr 15 min

1. Heat 1 tablespoon oil in a frying pan until hot. Cook chicken until brown all over. Set aside.
2. Using the same pan, heat the remaining oil and add the wine, if using, add the leeks and cook and stir until the leeks are tender and the wine has evaporated. Set aside.
3. Melt butter in a large pot. Stir in the flour to create a smooth paste. Gradually add the milk, stirring continuously until sauce thickens.
4. Add chicken and leeks to the pot and crumble in the stock cube and season. Cover and simmer over low heat for 10 to 15 minutes.
5. Meanwhile, line a 23cm x 30cm or similar size tin with puff pastry. Fill with chicken and leek mixture and cover with a layer of puff pastry (At this stage, you can brush the top with egg, if desired).
6. Bake in a preheated 200 C / Gas 6 oven for 15 to 20 minutes or until pastry is puffy and golden. Remove from the oven and serve.



# Jane Ratter Lasagne



## **Chef Jawns Chicken And Chorizo Paella**

### **Ingredients**

- Rice
- Chicken Thighs
- Chorizo
- Tomato hot chutney
- Turmeric
- Onion
- Red & Green Capsicum
- Lemon
- Paprika
- Parsley

### **Method**

#### **Step 1**

- Ratio of rice = 1 cup/1.5-2 cups of water
- Wash and rinse rice until water runs clear, drain.
- Add the rice and water into a medium saucepan over medium heat and add olive oil.
- Add some turmeric and stir until combined. (Aim for a light-yellow colour)

- Reduce heat, allow to simmer 15-20 minutes, or until liquid is absorbed. Remove from heat and allow to sit for 5 minutes.
- Add at least a half bottle of the hot tomato chutney to the rice and mix.

### Step 2

- Finely chop the onion and capsicums then roughly chop the chorizo and chicken thighs.
- Season the chicken thighs with salt, pepper and paprika.
- Heat the olive oil in a deep-frying pan over a medium heat. Brown the chicken all over – don't cook completely. Once browned, transfer to a plate.
- Reduce the heat to low, add the onions and capsicums and cook slowly until softened, then toss in the chorizo. Fry for around 5 minutes, stirring regularly.
- Put the chicken back into the pan and fry for a about 2 minutes.

### Step 3

- Tip the rice into the pan. Stir to coat the rice in the oils and spices.
- Serve with lemon wedges on the side for squeezing over. Garnish with some parsley and gangsta love.

## Teganmac.Skin's Choccy Mousse

### Ingredients

- 125g aldi dark chocolate (choceur brand)
- 125g aldi milk chocolate (choceur brand)
- 3 eggs
- ¼ cup caster sugar
- 250ml whipping cream

### Method

1. Melt chocolate in the microwave in 30 second bursts, stirring in between until melted
2. Leave choccy to cool
3. Using electric beaters, beat the eggs and sugar until pale and foamy (should take 5 minutes or so)
4. Fold the melted choc into the egg mixture using a spatula
5. Whip the cream with electric heaters and fold into the egg/choc mixture
6. Cover and set in the fridge for at least 4 hours (the longer the better)
7. Bon a petit TITZ



## Brianna - Liam Omelette

### Ingredients

- 2 eggs
- Dash of milk
- Salt Pepper
- Cheese
- Spinach
- Anything else you like (including but not limited too: Pad Thai, pepperoni)

### Method

1. Heat pan with small amount of oil.
2. Whisk eggs, milk, salt and pepper and add to heated pan.
3. Add cheese and other ingredients to one side and flip in half after a few minutes.
4. Let that cook for a further few minutes.
5. Serve with toast or as is.



## Rick Afghan Biscuits

### Ingredients

- 250g butter, softened
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{4}$  cup Cocoa
- 1  $\frac{2}{3}$  cups plain flour
- 2  $\frac{1}{2}$  cups cornflakes
- Walnuts, to decorate

### Chocolate icing

- 1  $\frac{1}{2}$  cups icing sugar mixture
- 2 tablespoons cocoa powder
- 2 tablespoons hot water

### Method

#### Step 1

Preheat oven to 180C/160C fan-forced. Grease 2 large baking trays and line with baking paper.

#### Step 2



Using an electric mixer, beat butter and sugar together until light and fluffy. Add cocoa and flour. Beat on low speed until combined. Stir in cornflakes. Roll level tablespoons of mixture into balls. Flatten slightly. Place onto prepared trays, 4cm apart, to allow room for spreading during cooking.

### Step 3

Bake for 15 to 18 minutes or until just firm to the touch, swapping trays halfway through cooking. Cool completely on trays.

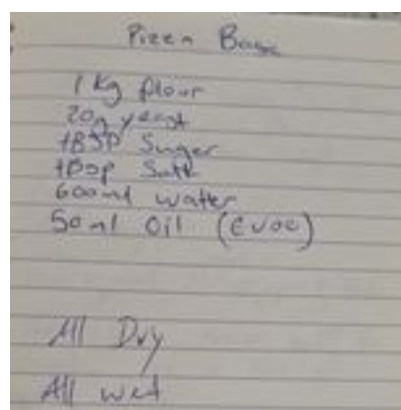
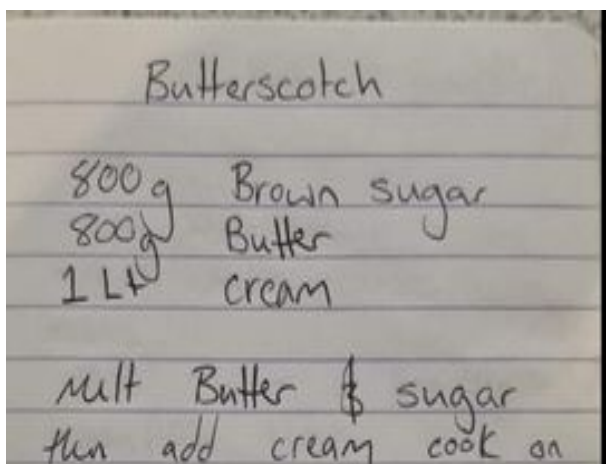
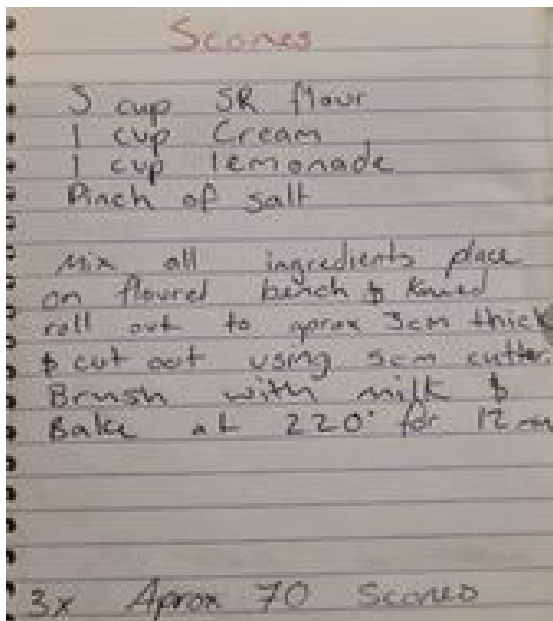
### Step 4

Make Chocolate icing: Sift the icing sugar and cocoa into a bowl. Gradually stir in enough hot water until the mixture is smooth and combined.

### Step 5

Spoon icing onto the tops of the biscuits, spreading slightly (see note). Decorate with walnuts. Set aside for 1 hour to set. Serve.

## Braeden Favourites



## Amandas Raw Snickers Bar

**Prep:** 15 minutes

**Total:** 45 minutes

**Serves:** 12

### Ingredients

- Base layer
- 125 g peanut butter (½ cup)
- 125 g hulled tahini (½ cup)
- 85 g rice malt syrup or maple syrup (¼ cup)
- 100 g coconut oil (½ cup)
- 100 g almond meal (1 cup)
- Pinch sea salt
- 50 g raw almonds (½ cup) toasted

### Chocolate layer or coating

- 200 g coconut oil (1 cup) softened
- 2-4 tbsp rice malt syrup
- 30 g cacao (¼ cup) unsweetened Dutch process or raw

### Cook Mode

Prevent your screen from going dark



## Method

1. Start with the base layer. In a food processor, mix the peanut butter, tahini, sweetener, coconut oil, sea salt and almond meal until well combined (TMX 30 seconds, speed 4).
2. Press into a slice tin (mine is 20 x 30cm), lined with baking paper (this is the simplest method as pictured in the small pic. To make it into a bar like the lead image, read below in the variations).
3. Place the almonds on top and press into the filling. Pop in the freezer.
4. To make the chocolate, mix the coconut oil, rice malt and cacao in a small mixing bowl until combined (only takes a minute). If it's cold (and not combining) you may need to warm slightly by sitting the mixing bowl over a bowl of steaming hot water.
5. Pour over the base layer and return to the freezer immediately, for 20-30 minutes to set.
6. Once set cut and store in the fridge or freezer.

## Store

- Like any raw treats, these need to be kept refrigerated or frozen. Personally, I like to store and eat from frozen.
- Variations
- Fructose friendly
- Choose rice malt syrup as your sweetener.
- Sesame-free
- Replace the sesame with a nut butter (either more peanut or another nut).
- Coconut-free
- You could sub with butter, ghee or cacao butter (it will change the texture and flavour a little but will still be lovely).

## Vegan

- Choose rice malt or maple syrup as your sweetener.
- Nut-free

This is not the recipe for you as the peanut flavour is hard to replicate without them. But for 150 pages of nut-free recipes, take a look at my super popular ebook 'The Well Nourished Lunchbox'.

Click [HERE](#) to find out more and read the rave reviews.

## Chocolate shortcut

You can also use melted dark chocolate for the chocolate layer (though no longer dairy and refined sugar-free)

## Make a bar

To make a bar, you will need to cut your filling once set into the size bar you want, then dunk in the raw chocolate to coat. Place the bars on baking paper and pop back in the freezer to set for a minute or so. Repeat until it coated to your liking. It will need at least two coats.

## Rhiannons Vegemite Scroll

### Ingredients

- Puff pastry (frozen)
- Vegemite
- Tasty cheese
- Dash of milk/egg

### Method

1. Place 2 x pastry sheets on bench to defrost. Preheat oven to 180°C and line a baking tray with baking paper.
2. Spread pastry sheets with Vegemite and then sprinkle 1 x sheet with cheese.
3. Cut into 12 strips and twist 2-3 times. Place on baking tray, brush with milk (or lightly beaten egg) and bake for 10 minutes or until golden and crisp. Serve warm or cold.



## Jamies Slow Cooked Curry Lamb

### Ingredients

- ¼ cup plain flour
- 800g diced lamb shoulder
- 2 tablespoons olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 4cm piece fresh ginger, peeled, grated
- 1 long red chilli, finely chopped



- ¼ cup Indian madras curry paste
- 270ml light coconut milk
- 1 teaspoon Massel vegetable stock powder
- 1 cinnamon stick
- 1 dried bay leaf
- Steamed white rice, to serve
- Yoghurt, to serve
- Naan bread, to serve
- Fresh coriander, chopped, to serve

## Method

### Step 1

Place flour and lamb in a snap-lock bag. Season with salt and pepper. Seal. Shake to coat. Heat oil in a saucepan over medium-high heat. Cook lamb, in batches, for 3 to 4 minutes or until browned. Transfer to a 4.5 litre-capacity slow cooker.

### Step 2

Add onion, garlic and ginger to pan. Cook, stirring, for 4 to 5 minutes or until tender. Add chilli and curry paste. Cook, stirring, for 1 minute or until fragrant. Add coconut milk, stock powder and 3/4 cup cold water. Bring to the boil. Transfer to slow cooker. Add cinnamon stick and bay leaf. Stir to combine.

### Step 3

Cook, covered, on LOW for 6 hours or until lamb is tender. Remove and discard cinnamon stick and bay leaf. Serve with rice, yoghurt, naan and coriander.

## Steffs - New York-Style Cheesecake

Metric cup measures by Jennifer Segal.

With this recipe, a creamy, gorgeous, crack-free New York-style cheesecake is totally doable, even for beginners!

**Servings:** 8 to 10

**Prep Time:** 30 Minutes

**Cook Time:** 1 Hour 55 Minutes



**Total Time:** 2 Hours 25 Minutes, plus at least 8 hours to cool

## Ingredients

### For the crust

- 1-1/2 cups graham cracker crumbs, from 12 whole crackers
- 5 tablespoons unsalted butter, melted
- 2 tablespoons sugar
- 1/8 teaspoon salt

### For the filling

- 32 oz (four 8-oz blocks) cream cheese, at room temperature
- 2 cups sugar
- 3 tablespoons all-purpose flour
- 4 teaspoons vanilla extract
- 1 teaspoon packed lemon zest, from 1 lemon
- 2 teaspoons fresh lemon juice, from 1 lemon
- ¼ teaspoon salt
- 6 large eggs
- ½ cup sour cream

**Special equipment:** 9- or 10-inch springform pan; 18-inch heavy-duty aluminum foil  
Berry sauce, for serving (optional)

## Instructions

### For the crust

1. Preheat the oven to 375°F and set an oven rack in the lower middle position. Wrap a 9- or 10-inch springform pan with one large piece of heavy-duty aluminum foil, covering the underside and extending all the way to the top so there are no seams on the bottom or sides of the pan. Repeat with another sheet of foil for insurance. Spray the inside of the pan with nonstick cooking spray.
2. Make the crust: In a medium bowl, combine the graham cracker crumbs, melted butter, sugar, and salt. Stir until well combined. Press the crumbs into an even layer on the the bottom of the prepared pan. Bake the crust for 10 minutes, until set. Remove the pan from the oven and set aside.
3. Reduce the oven temperature to 325°F. Set a kettle of water to boil.
4. Make the batter: In the bowl of an electric mixer fitted with the paddle attachment or beaters, beat the cream cheese, sugar, and flour together on medium speed until just smooth, about 1 minute.
5. Scrape the bottom and sides of the bowl to be sure the mixture is evenly combined. Add the vanilla, lemon zest, lemon juice, and salt; beat on low speed until just combined. Add the eggs, one at a time, mixing on low speed until incorporated, scraping the bowl as necessary. Mix in the sour cream.
6. Make sure the batter is uniform but do not over-mix.

7. Check to make sure your oven has cooled to 325°F, then set the cheesecake pan in a large roasting pan. Pour the batter on top of the crust. Pour the boiling water into the large roasting pan to come about 1 inch up the side of the cake pan. Bake until the cake is just set, 1 hour and 30 minutes to 1 hour and 45 minutes (the cake should not look liquidy at all but will wobble just a bit when the pan is nudged; it will continue to cook as it cools). Carefully remove the roasting pan from the oven and set it on a wire rack. Cool the cheesecake in the water bath until the water is just warm, about 45 minutes. Remove the springform pan from the water bath and discard the foil. If necessary, run a thin-bladed knife around the edge of the cake to make sure it's not sticking to the sides (which can cause cracks as it cools), then cover with plastic wrap and transfer to the refrigerator to cool for at least 8 hours or overnight.

#### For serving

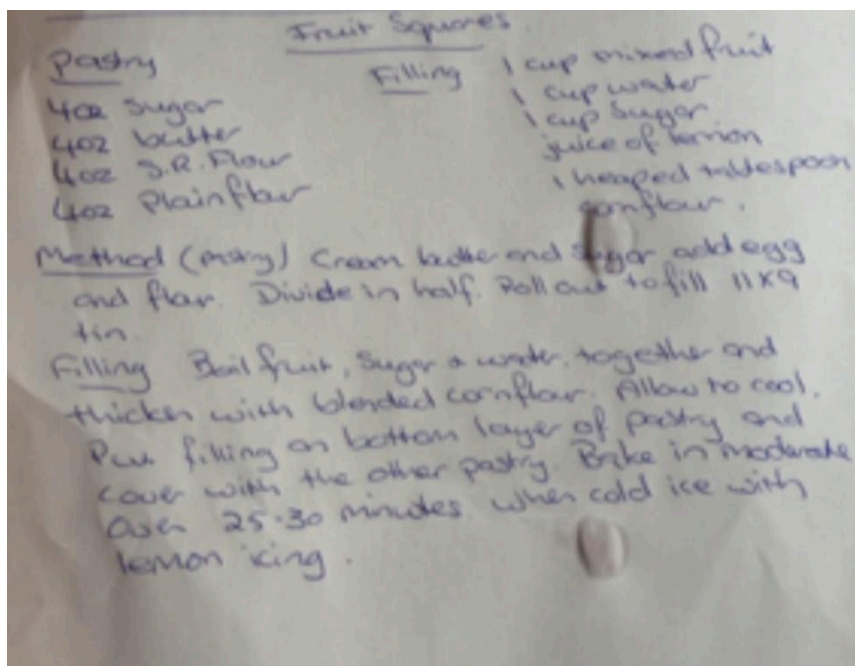
Remove the sides of the springform pan. Serve the cheesecake right from the base of the pan; or, to transfer it to a serving platter, run a long, thin spatula between the crust and the pan bottom, and then use two large spatulas to carefully transfer the cheesecake to a serving dish. Slice with a sharp knife, wiping the knife clean between slices. Serve with berry sauce, if you like.

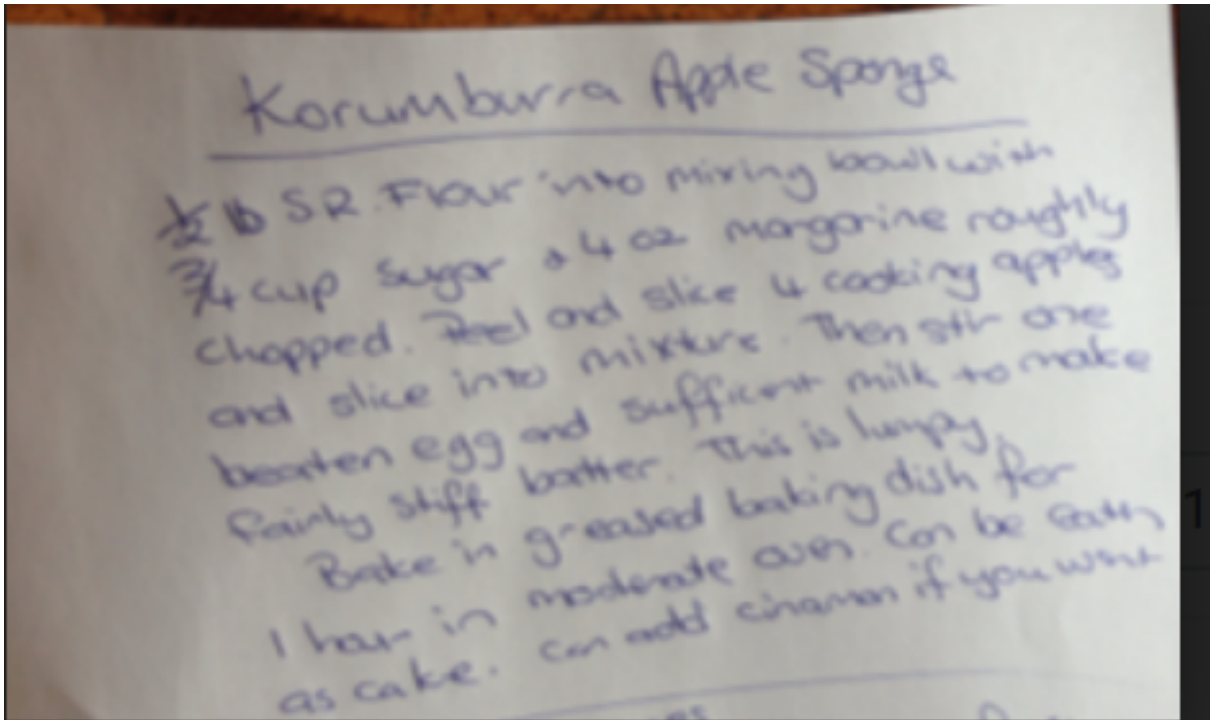
Make Ahead: The cheesecake can be made and stored in the springform pan in the fridge, tightly covered with plastic wrap, up to two days ahead of time.

#### Freezer-Friendly Instructions

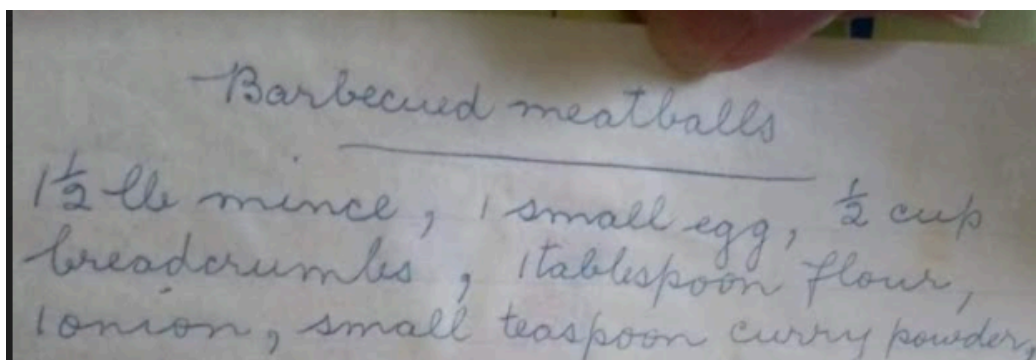
The cheesecake can be frozen for up to 3 months. To freeze, place the cake in the freezer briefly, unwrapped, to firm it up. Then double-wrap it tightly with aluminum foil or plastic freezer wrap, or place it in heavy-duty freezer bag. Thaw in the refrigerator the night before you plan to eat it.

## Nana Cummins – Fruit Squares and Korumburra Apple Sponge





**Grandma Russell – Barbecued Meatballs and Marshmallow Pudding**





Mashmallow Pudding  
Dissolve 1 tablespoon  
Gelatine in  $\frac{1}{4}$  cup water  
fill up with boiling water  
& stir until dissolved.  
Set aside & cool. Beat  
2 egg whites until stiff  
add to gelatine when  
cool, beat for about  
5 mins, then add  
gradually 1 cup sugar.  
& essence to taste. Beat  
until stiff enough to  
hold shape.



## RICE PUDDING.

2 OZ PUDDING RICE  
2 OZ SUGAR  
 $\frac{1}{2}$  OZ BUTTER  
 $\frac{3}{4}$  PT MILK  
 $\frac{1}{4}$  PT CARNATION MILK.  
GRATED NUTMEG OR SULTANAS.

RINSE RICE & DRAIN WELL.  
PLACE IN  $\frac{1}{2}$  PT BUTTERED PIE DISH.  
ADD SUGAR & STIR IN BOTH LOTS OF MILK. ADD SULTANAS OR RAISINS.  
SOAK FOR 30 MIN - 1 HOUR.  
SPRINKLE WITH NUTMEG & DOT WITH BUTTER  
BAKE ABOUT  $1\frac{1}{2}$  - 2 HOURS UNTIL RICE IS SOFT & CREAMY.  
STIR A COUPLE OF TIMES.

MIM HUGHSON  
FETZAR.

## CRUNCHIE OAT BISCUITS.

1 cup S R Flour      1 cup rolled oats.  
1/2 cup lard          1 teaspoon syrup  
1/2 cup marg.        3 teaspoons  
vanilla essence.    boiling water

oven 350°.

cream together, fat, marg + sugar  
add syrup + water + vanilla.  
add flour + oats. mix well.  
roll into 28 balls place in  
greased baking tray. Flatten.





My Favourite Recipe For STOVIES

From \_\_\_\_\_

Date \_\_\_\_\_ Tried Out On \_\_\_\_\_

1½ pounds of mutton  
1 " of Potatoes  
pepper & salt

1 onion ½ of turnip  
1 tablesp of suet.

cut mutton up finely, chop suet, put these into pan and pour on enough boiling water to cover.

Simmer gently for 1 hour. chop onion, cut potatoes & turnip add these and stew gently for ½ an hour. season and serve hot.

## Robert Goodlad – Bannocks

### Ingredients

- 250g self raising flour
- 250g Voe flour
- 125g stork block margarine
- ½ tsp salt
- Milk to mix
- 2 tsp castor sugar

### Method

1. Pre-heat the oven to 210-220°C.
2. Sieve the dry ingredients
- 3 Rub in the butter
4. Add enough milk to make a soft dough
5. Turn onto a floured board, knead lightly and roll out. Cut into squares
6. Place on a greased tray and bake for 20 to 15 minutes.

If you can't get Voe flour, use the following:

- 500g self raising flour
- 1 tsp bicarbonate of soda
- 2 tsp cream of tartar

### Fruit Bannocks

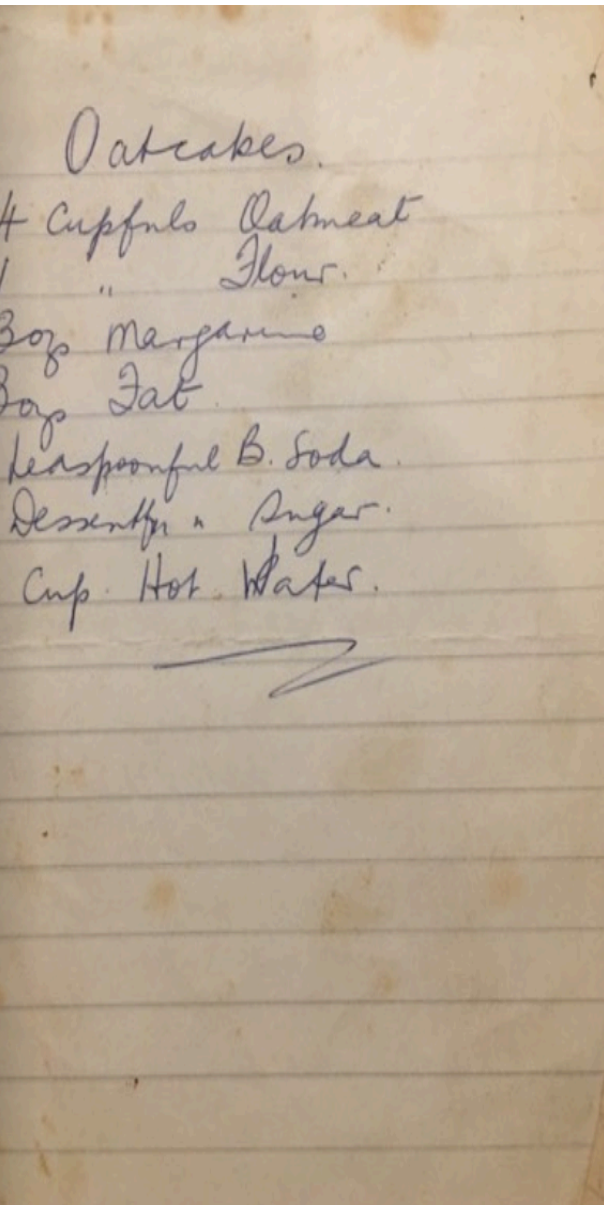
- Add 150g sultanas, 150g sugar and 1 egg

### Wholemeal Bannocks

- Use half wholemeal flour.



## Anne Goodlad - Oatcakes



## Anne Goodlad Fetlar Favourites Recipes

### Kale Soup - Ann Jane

#### Ingredients

- salt port
- turnip
- cabbage
- tatties



## **Method**

Soak pork overnight. Boil pork for at least two hours. Add cabbage, a little turnip and pepper. Add tatties and boil for 30-40 minutes. Add a little boiling water to soup if it was too thick.

## **Oatmeal Broth - *Ann Jane***

### **Ingredients**

- stock (freestit mutton stock is best)
- tatties
- 1 onion
- ½ cup Oatmeal

### **Method**

Boil mutton for at least 2 hours. Add the onion and tatties, cut fairly big. Thirty minutes before serving, add cup Oatmeal mixed to a paste with a little cold water. Stir until soup starts to boil again.

Add some pepper. More or less oatmeal may be added according to the quantity of soup needed. This is very good on cold days.

### **Salting Mackerel - *Hazel***

Mackerel for salting should be salted the same day they are caught. Fat mackerel are best for salting. First, fillet the fish. Wash the fillets clean, making sure the belly is clean. Sprinkle coarse salt on the bottom of a drum, Lay in a layer of mackerel. Do not overlap the fish. Sprinkle on more salt to cover all the fillets, add another layer of fish, finishing with a layer of salt. Put on lid and leave for about 3 months before using.

Oily fish, e.g. mackerel or herring, should be salted straight away. But white fish, e.g. whiting, piltock, ling, should be left overnight in water before cleaning.

## **Krappin - *Ann Jane***

### **Ingredients**

- 1lb fish livers
- 2 tsp salt
- 1lb oatmeal
- ½ tsp pepper

## **Method**

Mash up livers then add oatmeal, salt and pepper. Put into a 2 pint steaming bowl. Steam for 2 hours. Alternatively add 1 tbsp flour to above mixture and fill into fish heads. Fish heads must be clean washed and gills left in. Prise open fish mouth and fill in the mixture. The above mixture can fill 5 olick heads. Put in a big pan. Add boiling water to cover and salt to taste. Boil for 1 hour.

## **Liver Piltocks - *Hazel***

Pick out fish in good condition. Cut off heads and squeeze out guts through neck opening. Wash out stomach, using fingers to make sure it is clean. Pick good livers. Add salt and pepper to livers. Fill piltocks stomachs with livers. Lay them in a deep pan. Add salt and enough boiling water to cover. Boil for 20-25 minutes, depending on the size of the fish. Serve hot

## **Fried Reestit Mutton - *Hazel***

### **Ingredients**

- slices off leg of reestit mutton
- fat for frying
- onions

## **Method**

Cut thin slices off leg of reestit mutton. Let it soak in cold water for 3 - 4 hours. Take it out of water and dry on kitchen roll. Heat plenty of fat in a frying pan and lay on slices of mutton. Let it cook slowly. Add a little pepper. Cut on some onions and let it cook slowly for about 1 hour. Add some water and let simmer for about another hour. Serve with boiled tatties.

## **Stewed Reestit Mutton And Tatties - *Angela***

### **Ingredients**

- sliced reestit mutton
- tatties
- onions

## **Method**

Slice reestit mutton. Soak for 3-4 hours in cold water. Pour off. Put meat in pan and add boiling water to just cover meat. Bring to the boil and simmer for 1 hour. Slice onions on top of meat and simmer for 20 minutes. Boil, drain and mash tatties. Remove onion from top of meat. Mix onion with mashed tatties and serve.

## **Fruit Pudding - *Anne***

### **Ingredients**

- 1 ½ lb S.R. flour
- 1 heaped tsp mixed spice
- 1 lb suet, chopped
- 1 heaped tsp cinnamon

- ½ lb sultanas
- 1 level tsp nutmeg
- ½ lb raisins
- 2/4 pint water
- 1 level tsp salt

### **Method**

Mix all dry ingredients in a bowl. Add water and mix thoroughly. Put in a greased bowl and steam in a pan for 3-3½ hours.

## **Onion And Oatmeal Pudding - *Anne***

### **Ingredients**

- ½ lb onions, chopped
- 1 level tsp salt
- ¾ lb oatmeal

- ½ cup cold water
- ½ lb suet, chopped

### **Method**

Mix all dry ingredients in a bowl. Add water and mix thoroughly. Put in a greased bowl and steam in a pan for 2 hours.

### **Skirlie - *Eliza***

#### **Ingredients**

- ¼ lb shredded suet
- oatmeal

- 3 large onions, chopped
- salt and pepper

### **Method**

Melt suet slowly in frying pan. Add onions and fry slowly until evenly browned, stirring frequently. Now add enough oatmeal to absorb fat and to give a rather thick mixture. Cook for about 10 minutes, stirring constantly. Season with salt and pepper desired. Serve with boiled tatties.

**\_\_ (no title found) \_\_ - Aileen**

### **Ingredients**

- 9 oz wholemeal flour
- 2 oz sugar

- 1 heap tsp baking powder
- ½ tsp salt
- 1½ oz margarine
- 1 tbsp syrup
- 1 egg
- ½ cup milk
- 4 oz chopped dates, 2 oz chopped walnuts, or 6 mixed dried fruits

### **Method**

Preheat oven to Gas 4; 350 F; 180 C. Rub margarine into flour. Add dry ingredients. Mix in syrup, beaten egg and milk. Bake in a loaf tin for 65 minutes.

**Canadian Fruit Loaf - *Chrissie***

## **Ingredients**

- 2½ cup water
- 1lb mixed fruit
- 2 cups sugar
- 1 oz mixed spice
- 2 oz margarine
- ½ tsp baking soda
- 4 cups plain flour

## **Method**

Preheat oven to Gas 4; 350 F; 180 C. Put all ingredients except flour into pan. Bring to the boil, but simmer only 5 minutes (this is important). Allow to cool. Add flour and mix well. Bake in 2 loaf tins for 1½ hours.

**Boiled Fruit Loaf - *Mimie***

## **Ingredients**

- 1 cup sugar
- 1 tsp baking soda
- 2 cups mixed dried fruit
- 2 eggs, beaten
- 4 oz margarine
- 2 cups S.A. flour
- 1 cup water

## **Method**

Preheat oven to Gas 4; 350 F; 180 C. Pour all ingredients except eggs and flour in saucepan. Bring to the boil and simmer for 15 minutes, then cool. Add eggs and flour and mix well. Pour into a lined baking tin and bake for 1 hour.

**Brussel Loaf - *Adeline***

## **Ingredients**

- ¼ lb margarine
- 1 cup milk
- 1 cup sugar
- 2 cups mixed fruit
- 2½ cups S.R. flour
- 1 egg

## **Method**

Preheat oven to Gas 3; 325F; 170 C. Melt margarine in a pan with sugar, milk and fruit. When cool add flour and egg. Put in a loaf tin and bake for 1 hour.

## **Bird-Watcher's Cauliflower Cheese**

Purchase a cauliflower      Purchase some cheese.

Take alternate bites!  
contributed by Rosemary

*(Given by a bird watcher after a day observing the Snowy Owl)*

## **Playdough**

### **Ingredients**

- 1 cup plain flour
- 1 cup water
- ½ cup salt
- 1 tbsp cooking oil
- 2 tsp cream of tartar
- food colouring

### **Method**

Stir ingredients together, beating out lumps, and cook over a moderate heat for 5 minutes. Stir continuously until mixture forms a solid lump and all traces of liquid have gone. Store in an airtight container or wrap in clingfilm.

# **A Recipe for Happiness**

## **Ingredients**

- 4 cups of love
- 2 spoons of hope
- 2 cups of loyalty
- 2 spoons of tenderness
- 3 cups of forgiveness
- 4 quarts of faith
- 1 cup of friendship
- 1 barrel of laughter

## **Method**

Take love and loyalty, mix thoroughly with faith. Blend it with tenderness kindness and understanding. Add friendship and hope. Sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

# Shaun Lang-Lippeded Lasagne

**Serves:** 4-6

**Takes:** 50 mins

## Ingredients

- 1 onion diced
- 2 garlic cloves diced
- 1 tbsp olive oil
- 2x 400g tin chopped tomatoes
- 2 tsp sugar
- 1 tsp oregano
- 150g low-fat cream cheese
- Sprinkle of salt & pepper
- 650g mixed seafood (e.g Prawns, squid, haddock or salmon)
- 1 tbsp comflour
- 300ml skimmed milk
- 100 grated cheddar cheese
- 10 lasagne sheets



## Method

1. Preheat the oven to 170°C/Fan 150°C/Gas 3
2. Fry the onion and garlic in the oil in a large saucepan until soft. Add the tomatoes, sugar and oregano. Simmer for 2 minutes
3. Remove from the heat. Stir in the cream cheese, season and add the seafood or meat
4. In another pan make a paste with the comflour and drop of milk, mix so there's no lumps then add all the milk. Heat gently, always stirring to prevent lumps. Then add half the cheese until melted
5. In a ovenproof dish layer the seafood mixture then lasagne sheets until it's used up. End with a layer of sheets and top with the cheese sauce
6. Bake for 15 mins. remove and sprinkle with remaining chese. Bake for further 15 mins. Serve.

## Tavish's Tip

You can also fill this full of vegetables, my favourite is chopping up aubergine, mushrooms and peppers. And if you aren't keen on seafood swap with 500g of turkey mince.

## **Nana Crowe's Mock Fish**

Here is a recipe that my mother used to make on Fridays. With 10 kids in the house we could not afford real fish for Fridays – in those days as Catholics we were not able to eat meat on a Friday so we pretended it was fish – and probably was more delicious...

I am sure this recipe would have come from her mother, our grandmother Mary Elizabeth Crowe. I remember her coming to visit us on the bus from Pascoe Vale South, where our Aunty Madge used to live with our cousins. At the end of this recipe is a poem that my mother wrote about our Nana. But first:

### **MOCK FISH**

#### **Ingredients**

Mock fish

- 3 Potatoes
- 1 large onion
- Plain flour
- 1 Egg
- Fat or oil
- Salt and Pepper to taste

#### **Method**

Grate the potatoes and onions together in a bowl. Break egg into the mix and then add the flour until a pliable mixture. Add salt and pepper (you could modernize the recipe by added further spices, not available in those days like garlic, cumin, red Turkish pepper etc.)

Mix altogether, but also be careful that the moisture is not too wet. Mould into small patties but squeeze the moisture as you go to eliminate as much liquid as you can. Fry up in oil until crisp and brown. Serve with tomato sauce.

Nana would have used fat for the frying, but these days olive oil would be better.

## Tina Sandison's Banoffee Pie

Tina submitted the carnation Banoffee Pie



Tina Sandison's Classic Banoffee Pie

**Prep:** 10 mins | **Cook:** 10 mins | **Serves:** 12

### Ingredients

- Butter, melted 100g
- Light digestive biscuits, crushed 225g
- Butter 75g

- Dark brown soft sugar 75g
- Carnation Condensed Milk 397g
- Bananas 2
- Carton of whipping cream, whipped to soft peaks 150ml
- Chocolate shavings or cocoa powder, 10g dust



**You will also need**

- 20cm loose bottomed cake tin

**Method**

STEP 1 OF 4

<https://www.youtube.com/watch?v=J2KKD6OMECl> Watch our quick video to see how quick and easy this Banoffee Pie really is!

STEP 2 OF 4

Put the crushed biscuits into a bowl with the melted butter. Mix it together thoroughly, then press the mixture into the base and sides of the tin. Chill for 10 minutes.

Has your base turned out to crumbly? Be sure to make sure it's well chilled before you go to the next step-you can chill in the freezer if you're short on time.

STEP 3 OF 4

Place 75g butter and sugar into a heavy based non-stick saucepan over a low heat, stirring all the time until the sugar has dissolved. Add the condensed milk and bring to a rapid boil for about a minute, stirring all the time for a thick golden caramel. Spread the caramel over the base, cool and then chill for 1 hour.

If your caramel's too lumpy, you probably didn't get it hot enough. The mixture needs to boil for 1 minute until it starts to thicken, but no more or it may catch and go grainy. To avoid it catching or going grainy, you should always use a heavy based, non-stick pan. Keep stirring until it doesn't catch and make sure you use a timer.

STEP 4 OF 4

Carefully remove the pie from the tin and place on a serving plate. Slice the bananas and place on top of the caramel, top with the softly whipped cream. For the perfect finishing touch

**Sticky Toffee Pudding Michael Williamson/GP**



7 oz dark choc

## STICKY TOFFEE PUDDING

### CAKE

4 oz marg  
12 oz caster sugar  
2 eggs  
1 lb S.R flour  
8 oz dates  
1 tsp bicarb of soda  
1 pint boiling water

### SAUCE

8 oz butter  
1 lb soft brown sugar  
1 pint double cream

Put dates and bicarb of soda in bowl with 1 pint boiling water and steep a little while.

Cream marg and sugar in a bowl, beat in eggs.

Beat in flour.

Add in date mix a little at a time and beat.

Put in 2 loaf tins and bake at  $150^{\circ}$  for 1 hr.

SAUCE. Put ingredients in pan and bring to boil stirring all the time. Ready when sugar has dissolved.

Iona Graham Christmas Yule Log





3 eggs  
85g caster sugar  
2 tablespoon cocoa powder  
1/2 tsp baking powder  
50g butter  
140g dark chocolate  
1 tablespoon syrup  
284ml double cream  
200g icing sugar

Preheat oven to 200°/180° fan. Line ~~a~~ a 23x32 cm swiss roll tin with baking parchment.

Beat eggs & caster sugar together until thick & creamy.

Mix flour, cocoa & baking powder. Sift into egg mixture & fold together. Pour into baking tin & ~~spread~~ spread evenly. Bake for 10 mins.

While still warm, Tip sponge out onto parchment paper. roll the cake up from the longest edge with the paper inside. Leave to cool.

melt the butter and dark chocolate together in a bowl over a pan of hot water. remove from heat, stir in syrup & 5 tablespoons double cream. Beat in icing sugar until smooth. Whisk ~~remaining~~ remaining cream to soft peaks.

Unravel cake, spread over whipped cream and roll up again. \*

Cut log on a diagonal and position on the side of the remaining sponge as a branch.

Spread over the icing. Drag a fork over the icing to give the appearance of bark.

Dust with icing sugar.

\* Whipped cream filling may be substituted with Dream Whip, a la Brae High School. But I wouldn't recommend!

# Mum Phyllis Prawns & Pasta

## Ingredients

Raw prawns shelled and deveined (12 or so) Cut in half length way

Bacon (chopped)

Garlic (teaspoon)

Onion Olive oil (halla cup or more)

Pasta (spaghetti) cooked

Cherry Tomatoes (halved)

Spinach

Red chilli (chopped)

Parmesan cheese

## Method

Lightly fry your onion and garlic in a large frying pan, add bacon and chilli fry until bacon is cooled.

Add prawn when prawns change colour add your tomatoes. Drain your pasta and add to the frying pan, mix pasta through evenly coating pasta with pan juices. Add Spinach, Cover pan and let pasta sit for approximately 5 minutes mix spinach through add salt and pepper to taste. Grate some fresh parmesan cheese over the top.

BON APPETIT

