

Nolene's



Favourite Recipes

Biscuits

Scones

PLAIN BISCUITS (WHITE CHOC CHIP & MACADAMIA)

250g butter 1 cup sugar Vanilla
2 eggs 3 cups SR flour

- Cream butter and sugar
- Add eggs and vanilla – Then gradually mix in SR flour
- Mix through your choice of choc chips, macadamia, roasted peanuts, sultanas, walnut pieces, mixed fruit, glazed ginger. This will be a very thick mixture.
- Roll into dessert spoon pieces and flatten gently with a fork.
- Place on greased trays and bake at 180° for approximately 15 - 20 minutes



ANZAC BISCUITS

1 cup rolled oats 3/4 cup brown sugar
1 cup flour 1 cup coconut
125g cup butter 2 tablespoon golden syrup
1 teaspoon bi-carb soda 2 tablespoons water

- Mix all dry ingredients
- Melt butter, syrup and water and boil
- Add soda to butter mixture and then add to dry ingredients
- Roll dessert spoons full on greased trays in moderate oven 180°

CHOCOLATE BALLS ★

1 pkt Arrowroot Coffee biscuits ½ cup coconut
2 tablespoons cocoa 1 tin condensed milk
Vanilla Extra coconut

- Crush biscuits and put in bowl
- Mix all ingredients together until combined
- Wet hands and roll heaped teaspoon full in extra coconut

PIKELETS

1 cup SR Flour ¼ teaspoon bicarb soda 2 tablespoons sugar
½ cup milk 1 teaspoon vinegar 1 egg
1 dessertspoon melted butter

- Sift flour and bicarb soda - add sugar
- Beat egg well and add to milk and vinegar
- Pour into dry ingredients, making a thick batter
- Add melted butter
- I sometimes add more milk, ¼ - ½ cup again to give a smoother consistency
- Have ready a hot pan and put heaped spoonfuls of batter mixture
- Turn over when bubbles have burst

DAMPER SCONES ★

3 Weet-bix finely crushed ¾ cup milk 1 egg
2 cups SR flour 1 teaspoon celery salt
30g margarine honey for glazing - celery / sesame seed

- Crush Weet-bix into bowl, pour ½ cup milk and beat in egg, leave to soak
- Sift flour and salt, rub in butter
- Combine Weet-bix mixture and flour and knead into a soft manageable dough - adding more milk if necessary
- Knead and roll out into a circle and cut into 8 triangles
- Spread with honey and sprinkle with seeds and bake on scone tray at 220° for 15 - 20 minutes.

DATE & WALNUT LOAF ★

1 1/2 cup SR flour	1/2 tsp bicarbonate of soda	
1 tsp mixed spice	1 cup walnuts chopped	
100 g butter	3/4 cup brown sugar	1/2 cup water
1 1/2 cup dates chopped	1 egg lightly beaten	

- Preheat oven to 180C.
- Sift flour, soda, mixed spice in a bowl.
- Add walnuts and mix through.
- Combine butter, sugar, water and dates in saucepan.
- Stir over medium heat until sugar has dissolved and butter has melted.
- Cool slightly and then add to dry mixture.
- Add egg and stir until combined.
- Spoon into 1 loaf pan or 2 tube pans.
- Cook for approximately 40-45 minutes.

Great served for morning or afternoon tea with a little butter

COCO-NUT BUBBLE SLICE ★

Base

125g butter ½ cup brown sugar 2 eggs, lightly beaten
1 teaspoon vanilla 1 cup plain flour ¼ teaspoon baking powder
2 tablespoons cocoa ½ cup chopped pecan nuts
2 X 100g packets marshmallows

Topping

250 g Dark cooking chocolate 1 cup crunchy peanut butter
1½ cups rice bubbles

- Preheat the oven to 150°
- Cream butter and sugar and beat in the vanilla and eggs.
- Sift in flour, baking powder and cocoa and mix well
- Stir in the nuts
- Spread the mixture into a greased deep lamington pan and bake for 15 – 20 minutes
- Cover the top with marshmallows and return to the oven and bake for a further 3 minutes.
- Cool in the pan
- Make the topping and melt the chocolate and peanut butter in the microwave
- Stir in the rice bubbles
- Spread the topping over the cooled marshmallow.
- Refrigerate until firm and cut into pieces to serve

PASSIONFRUIT SLICE ★ ★ ★

Pastry

½ cup sugar

125g margarine

1 egg

1½ cups of SR flour

- Cream butter and sugar
- Add egg and then flour
- Press into a biscuit tray and cook for 20 - 30 minutes in moderate oven at 180°.

Filling

1 tin condensed milk

1 tin Nestles reduced cream

¾ cup lemon juice (3 lemons)

- Mix milk and cream together
- Stir in lemon juice and stir until thick.
- Spread onto cool pastry

Topping

2 cups water

1 cup sugar

2 large tablespoons custard powder 4 passionfruit

- Bring water and sugar to the boil
- Add custard powder dissolved in a little water
- Let cool and then add passionfruit
- Spread over filling and set in fridge

PASSIONFRUIT TART *(Aunty Beryl)*

Sweet pastry

2 tablespoons sugar 2 tablespoons butter
1 egg 2 cups SR flour
2 tablespoons milk

- Cream butter and sugar
- Add egg and then flour and milk
- Roll out onto greased pastry plates
- Bake in hot oven 200° for 15 - 20 minutes.

This mixture makes two tart cases.

Filling

½ cup sugar 2 cups water
2 large tablespoons custard powder
4 passionfruit 1 tin condensed milk
¾ cup lemon juice

1st

- Bring sugar and water to the boil
- Thicken with custard powder mixed in a little water
- Cool and add passionfruit

2nd

- Mix condensed milk and lemon juice together
- Then add this mixture to passionfruit jelly mixture
- Stir in well and pour onto pastry shells and set in refrigerator

For a less tangy taste you may add 1 tin Nestles reduced cream to the condensed milk and lemon juice mixture

CARAMEL SLICE ★ ★

Base

½ cup brown sugar 1 cup SR Flour
1 cup coconut 125g butter

- Melt butter, add to mixed dried ingredients.
- Place in slice tray and cook for 15 minutes at 180°

Filling

1 tin condensed milk 2 tablespoons golden syrup
1 dessertspoon butter

- Place all ingredients in saucepan and stir continually over low heat until it boils and leaves the sides of the saucepan.
- Spread over base and return to oven for another 15 minutes.

Topping

2 dessertspoons icing sugar 30g copha 125g melted chocolate

- Melt all together. Pour over slice when cool.
- Cut into squares and refrigerate.

RICE DESSERT ★ ★

2 passionfruit

3 apples or tin pie apple

2 bananas

2 tablespoons custard powder

2 cups rice cooked with 1 cup sugar

Topping

¾ cup butter

½ cup sugar

1 cup cornflakes crumbs

vanilla

- Spread butter around sides of casserole dish and add cold rice
- Cook apples and add other fruit
- Mix custard powder with a little water and stir into hot fruit - simmer until thick
- Spread fruit over the rice and cover with topping mixture
- Cook in moderate - hot oven until brown and crispy

Topping

- Crush cornflakes and rub in butter
- Add sugar (this mixture will be quite puggy)
- For extra thick topping make double mixture

CHOCOLATE RUM CHEESECAKE ★ ★ ★

Pie Case

½ packet plain chocolate biscuits 120g butter

Filling

1½ dessertspoons gelatine	½ cup cold water
2 tablespoons warm water	½ cup chocolate bits
250g cream cheese	½ cup sugar
1 cup evaporated milk	1 dessertspoon rum (optional)

Pie Case

- Combine finely crushed biscuits crumbs and melted butter and mix well
- Press crumb mixture over base and around sides of pie plate which has been lined with aluminum foil and greased
- Refrigerate until firm

Filling

- Soften gelatine in cold water dissolved over hot water and allow to cool
- Combine chocolate bits and warm water and melt in microwave or over hot water
- Beat cream cheese until soft, add sugar and beat well
- Add evaporated milk, rum cooled gelatine and melted chocolate
- Refrigerate until firm

BUTTERSCOTCH SELF-SAUCING PUDDING

2 cups SR Flour 1½ cups sugar Salt
120g melted butter 1 cup milk

- Sift flour and add milk, sugar and melted butter
- Mix well and put into pie dish

Sauce

60 g butter 4 tablespoons golden syrup
3 cups boiling water

- Pour onto pudding mixture.
- Bake for 30 – 40 minutes in moderate oven 180°

AFTER DINNER MINTS CHEESECAKES ★ ★ ★

250g Philadelphia block cream cheese, softened
1/3 cup sugar ½ teaspoon peppermint essence
¼ cup cream 60g dark chocolate, melted
35g peppermint crisp bar, crushed

- Beat together the Philadelphia, sugar and essence using an electric mixer until smooth. Add the cream and beat until well combined.
- Pour the melted chocolate over the cream cheese mixture and lightly fold through to create a swirl. Spoon mixture into 4 serving glasses or bowls and refrigerate for 1 hour.
- Serve topped with peppermint crisp.

Cakes

Mutton & Loaf

MISSISSIPPI MUD CAKE ★ ★ ★

250g butter

150g dark chocolate

2 cups sugar

1½ cups hot water

1 tablespoon dry instant coffee

1½ cups plain flour

¼ cup self raising flour

¼ cup cocoa

2 eggs lightly beaten

- Grease 23cm square slab pan, line base with paper - grease paper
- Combine in a large bowl - butter, chocolate, sugar, water and coffee in microwave for 2 minutes, stirring after a minute or until chocolate is melted and mixture is smooth. Cool to lukewarm
- Stir in sifted flours and cocoa, then eggs
- Pour into prepared pan and bake in moderately slow oven 150° for about 1¼ hours
- Stand for 10 minutes before turning onto wire rack to cool
- Dust with icing sugar or top with whip cream



WHITE CHOCOLATE MUD CAKE ★★ ★

250g butter	150g white chocolate
2 cups sugar	1 cup milk
1½ cups plain flour	½ cup self raising flour
2 eggs lightly beaten	1 teaspoon vanilla essence

- Grease 23cm square slab pan, line base with paper - grease paper
- Combine in a large bowl - butter, chocolate, sugar and milk in microwave for 2 minutes, stirring after a minute or until chocolate is melted and mixture is smooth. Cool to lukewarm
- Stir in sifted flours, vanilla and then eggs
- Pour into prepared pan and bake in moderately slow oven 160° for about 1¼ hours, covering with foil halfway through cooking
- Stand for 30 minutes before turning onto wire rack to cool

Ganache

300g white chocolate, chopped ½ cup thickened cream

- Combining chocolate and cream in a medium pan
- stir over low heat until chocolate is melted and mixture smooth
- Pour into a bowl, refrigerate until thick and a spreadable consistency
- Spread Ganache over top and side of cake

LINDA'S ORANGE CAKE ★ ★ ★

1 cup sugar 4 eggs 250g melted butter
Grated rind and juice of 1 orange (about ½ cup)
2 teaspoons baking powder 1 cup flour
3 oranges juiced (¾ cup) 2 tablespoons sugar

Chocolate Icing

125g semi-sweet choc (Plaiستowe Nestles)
2 tablespoons water 1 teaspoon coffee granules
2 teaspoons sour cream

- Lightly grease a 23cm cake pan and preheat oven to 180°C
- Beat sugar and egg until thick and creamy
- Add the melted butter, rind and juice of 1 orange, sifted flour and baking powder and mix in lightly
- Turn mixture into prepared pan and bake for 40 - 45 minutes
- Remove from oven and turn out onto cake cooler while you combine orange juice and sugar
- Return cake to pan and while still warm spoon over the orange juice
- Leave to cool, the cake will absorb the juice
- When cold, turn out on a flat plate and cover top and sides with prepared chocolate icing
- Serve as a dessert and offer a bowl of unsweetened whip cream and decorate with fresh berries

BROWNIE

2 cups sugar 2 cups sultanas 1 tablespoon butter
2 cups water 4 cups flour 1 teaspoon cinnamon, cocoa, ginger
1 large tablespoon baking powder and soda

- Boil sugar, water sultanas and butter for 10 minutes
- Let cool and add sifted dry ingredients
- Grease and flour square pan and line with grease proof paper
- Bake in moderate oven 180° for 30 - 40 minutes

BUN LOAF ★

1 cup mixed fruit 1 cup water 1 cup sugar
1 tablespoon butter 1 egg 2 cups SR flour
½ cup bi-carb soda ½ cup walnuts salt

- Mix fruit, water, sugar, melted butter and beaten egg.
- Then add sifted flour, soda and walnuts
- Bake in greased loaf pan in moderate oven 180° for 30 - 40 minutes.

ALL-BRAN LOAF

1 cup All-bran 1 cup milk 1 cup SR Flour
1 tablespoon golden syrup 2 cup dates few mixed fruit
1 teaspoon soda few walnuts

- Soak All Bran in milk for 10 minutes
- Mix together in another bowl flour, golden syrup, dates, nuts and fruit
- Lastly add soda dissolved in a little water
- Bake in greased and lined loaf tin in moderate 180° oven for 45 minutes

BOILED MOIST FRUIT CAKE *(Aunty Doe)* ★ ★

1 cup water	1 cup sugar
220g butter	750g packet mixed fruit
1 teaspoon bicarb soda	1 teaspoon mixed spice
1 cup SR flour	1 cup plain flour
2 beaten eggs	salt, walnuts

- Boil together for 10 minutes water, sugar, mixed fruit, soda, mixed spice
- Cool mixture and add melted butter, eggs and flour
- Grease, flour and line a square or round cake tin
- Blend well and bake in moderate to cool oven 150° for 1¼-1½ hours

BOILED PLUM PUDDING ★ ★ ★

2 cups plain flour	¾ cup sugar
1 cup breadcrumbs	1 tablespoon butter
2 tablespoons jam	2 teaspoons bicarb soda
1 packet mixed fruit 750g	1 cup water

- Mix flour, sugar and bread crumbs
- Rub in butter and add jam
- Mix soda in a little hot water then add to cold water
- Stir into dry ingredients
- Add mixed fruit
- Tie **firmly** in a pudding cloth that has been spread with margarine and then floured
- Place on a plate in boiling water in a large pot, with lid covering for 3 hours
- Keep adding boiling water and do not let water level get too low
- Take out of cloth immediately

STAY-MOIST APPLE MUFFINS

2 large cups cooked apple pieces or tin of pie apple

125g unsalted butter, melted

1 cup brown sugar

2/3 cup milk

1 large egg

1 tsp white vinegar

2 cups white or wholemeal flour

1 tsp bi-carb soda

1 tsp cinnamon powder 2 tbsp raw sugar to sprinkle on top (optional)

- Preheat oven to 200C. Line muffin pans with paper cases.
- Place melted butter and brown sugar in a bowl, whisk to combine.
- Add milk, then egg and vinegar. Whisk to combine.
- Scatter flour across batter surface, followed by baking soda, cinnamon and salt. Stir until the flour is incorporated - some lumps are fine.
- Stir through apple - minimum stirs just to disperse.
- Scoop batter into muffin cases – Using either an ice cream scoop or large spoonful - filling it all the way to the top.
- Optional - Sprinkle with sugar if you prefer a slightly crispy top – or leave off for soft top.
- Immediately turn down to 180C.
- Bake for 20 minutes, or until a skewer comes out clean.
- Rest in the muffin tin for 5 minutes then transfer to a rack to cool.
- Once fully cooled, store in an airtight container - it will stay moist for up to 5 days. These also freeze very well.

LEMON SYRUP MUFFINS ★★

2 cups self-raising flour	1 cup milk
½ cup plain flour	1 tablespoon grated lemon rind
75 butter, chopped	¾ cup sugar
1 cup white bits	¼ cup water
1 egg lightly beaten	1 tablespoon lemon juice

extra ¼ cup sugar

- Grease a muffin pan or extra large patty papers
- Sift flour into a large bowl, rub in butter. Add sugar, white bits, egg, milk and half the rind
- Stir until just combined. Spoon mixtures into prepared pan
- Cook in a hot oven 200° for about 20 minutes
- While muffins are cooking combine remaining rind, extra sugar, water and juice in a small saucepan: stir over low heat until sugar is dissolved
- Bring to the boil and boil for 2 minutes. Cool slightly
- Brush hot muffins in pan with warm lemon syrup and stand for 1 minute
- Serve muffins warm or cold

COCONUT LOAF

1 cup coconut	1 cup sugar
1 cup SR flour	¾ cup milk

- Mix all ingredients together and put into greased loaf pan and bake in moderate oven for 35 – 40 minutes

EGGLESS CHOCOLATE CAKE ★ ★ ★

1 cup sugar ½ cup butter
1 teaspoon bicarb soda 1 ½ cups hot mashed unsweetened
2 cups flour 2 teaspoons baking powder
1 dessertspoon cocoa

- Cream butter and sugar
- Add soda to hot apples and stir into creamed butter
- Sift flours and add all other ingredients until combined
- Put in greased pan and bake in mod oven 180° for approximately 40 minutes

Icing

- Melted Nestle chocolate combined with a little cocoa
- 1 tablespoon sour cream
- 1 teaspoon coffee (if desired)

BANANA CAKE

125g butter 220g sugar
2 eggs 2 mashed bananas
1 level teaspoon bicarb soda 2 tablespoons boiling milk
1 teaspoon baking powder 1 cup flour

- Cream butter and sugar
- Add eggs, bananas and then soda dissolved in milk
- Add flour and baking powder and mix well
- Bake in greased, floured and lined cake tin in moderate oven for 30 - 40 minutes

Savoury

Soups

Mains

PUMPKIN SOUP ★

1 butternut pumpkin 1 large **sweet** potato
2 onions 4 chicken stock cubes
1 tin evaporated milk 2 cups water salt & pepper

- Cook all vegetables and stock cubes until tender in 2 cups water.
- Blend in a blender keeping the water the vegetables were cooked in.
- Add thin evaporated milk and blend again. Heat again and serve. (You may need to add more water depending on desired consistency)

CHICKEN IN MUSHROOM CASSEROLE (Serves 4)

2 chicken breasts 1 can mushroom soup
1 cup grated cheese 1 sml tin sliced mushrooms
2/3 cup carnation milk 1 onion salt & pepper

- Dice chicken breasts, steam in double saucepan with little oil and onion
- Heat mushroom soup, sliced mushrooms, carnation milk, grated cheese and salt & pepper and add cooked chicken
- May keep hot in saucepan or place in casserole dish sprinkled with more cheese and breadcrumbs and bake in oven until brown

RISSOLES

500 g mince 2 or 3 crushed Weet-bix Tomato or BBQ sauce
Worcestershire Sauce 1 large onion finely chopped 1 Egg
2 dessertspoons flour parsley flakes Salt & Pepper

- Mix all ingredients together - roll in extra flour and flatten with hands
- Fry in covered pan until brown

LASAGNA WITH BOLOGNAISE SAUCE ★

1 packet instant lasagna

Bolognese Sauce

2 onions finely chopped

2 tablespoons oil

4 garlic cloves crushed

500 g mince

1 large can chopped tomatoes

1 - 425g can tomato puree

Salt and pepper

- In a non stick pan sauté the onions in oil and add garlic and mince, frying until the meat is crumbling
- Add the tomatoes, tomato puree and simmer for 30 minutes
- Add salt, pepper and sugar

Béchamel Sauce

2 tablespoons plain flour

60g butter

2 cups warm milk

5 tablespoons grated cheese

pinch nutmeg

S & P

- Melt butter in a saucepan and add flour, salt, pepper and nutmeg and combine until smooth
- Stir over heat for 1 minute
- Add milk and stir until a smooth sauce forms and begins to simmer
- Remove from heat and add the cheese stirring until the cheese has melted into the sauce

Assemble

Preheat oven to 180°. In an ovenproof flat lasagna dish cover the base with meat sauce. Lay sheets of lasagna over and spoon over more meat sauce and drizzle on the béchamel and add another layer of lasagna. Repeat covering lastly with grated cheese. Bake until golden brown and bubbling for approximately 40 minutes.

SHAKE AND BAKE QUICHE ★

4 eggs	1 cup milk
1 cup evaporated milk	1 cup ham, chicken or bacon
1 onion	½ cup wholemeal flour
½ cup grated cheese	Salt and pepper
1 tin asparagus (optional)	1 tablespoon melted margarine

- Put all ingredients in a container with a lid and shake all together or just mix in a bowl
- Pour into greased dish and bake for 40 minutes in moderate oven 180°

BRAZILIAN EGGS AND VEGETABLE SLICE ★

½ cup vegetable oil	4 eggs	2 cups plain flour
1 teaspoon baking powder	pepper	4 shallots chopped
1 cup diced cooked vegetables (potato, carrot, broccoli, peas)		
2 tomatoes	3 chicken stock cubes	½ cups water

- Beat eggs and add all remaining ingredients and fold well together
- Place in a well greased baking dish 20cm deep
- Bake at 170° for about 45 minutes until set and brown.
 - Serve warm or cold

SAVOURY RICE ★

2 cups rice

2 dessertspoons cooking oil

4 dessertspoons chicken stockin....2 cups water

1 egg cooked in microwave 1 cup cooked chicken, bacon or ham

Soy sauce 1 cup peas

Variety of vegetables celery, eschalots, capsicum

- Heat oil in pan
- Add washed rice and cook until a little brown, turning occasionally
- Reduce heat and add water and chicken stock
- Cover and simmer until all the water is absorbed
- Reduce heat again and add soy sauce, peas, egg, bacon and other vegetables turning continually so as not to allow it to stick to pan
- Keep turning until rice has separated and serve

BUTTER CHICKEN / LAMB

50g butter (per 250g coconut cream/coconut milk)

1 onion chopped 1-2 garlic cloves

1-2 tins (250g tins coconut cream/coconut milk)

250ml tomato sauce (per 1 can coconut cream)

2-3 teaspoon curry powder 2 teaspoons paprika

1 teaspoon mixed spice, turmeric and nutmeg Salt & Pepper

1 tablespoon chives & parsley 2 – 5 chicken breasts, cubed

2 cups frozen green peas 1 – 2 potatoes, chopped

- Melt butter in a large pot over medium heat, add chopped onion and garlic, sauté for 1-2 minutes or until onion goes soft and slightly see-through. Add coconut cream/milk and tomato sauce. Stir well and bring to a bowl.
- Turn down to low heat. Add seasonings and spices. Mix well then add parsley and chives.
- Add all other ingredients, Chicken cubes (or other meat) frozen peas and chopped precooked potatoes. Mix well. Place in baking dish and cook 30-45 minutes.
- Serve with cooked rice and green salad.
- I also do poppadums in microwave and have with Greek yoghurt and cucumber.

SPINACH & SWEET POTATO RISOTTO

500g sweet potato, peeled and cut into 3cm cubes

4 cups (1L) chicken stock

40g unsalted butter

1 onion, chopped

2 cups Arborio rice

2 cloves garlic, chopped finely

100g baby spinach leaves

2 tablespoons pine nuts, toasted

shaved parmesan, to serve

- Preheat oven to 210°C. Place sweet potato on a baking tray lined with baking paper and spray with oil spray. Bake for 20 minutes or until golden and tender. Set aside.
- Meanwhile, heat stock, wine and 1 cup water in a small saucepan over medium heat. Bring to the boil, then reduce heat to very low. Keep the saucepan on the burner while you make the risotto. Melt butter in a large saucepan over medium heat. Add onion and cook for 3-4 minutes or until softened. Add rice and garlic, and stir for 2 minutes or until rice is coated well.
- Pour 2 cups hot stock mixture into the pan, stirring regularly to avoid the rice sticking to the base of the pan. Once most of the liquid has evaporated, add remaining stock, stirring constantly until most of the liquid has evaporated and the rice is tender. This should take 15-20 minutes. Stir through the spinach, sweet potato and pine nuts, and serve with parmesan.

LAYERED GARDEN SALAD

Make the day before

½ lettuce 250g frozen peas 2 hard-boiled eggs
250g mushrooms 6 shallots

Dressing

2 teaspoons french mustard 2 tablespoons sour cream
1 tablespoon lemon juice 1 cup mayonnaise

Topping

4 bacon rashers 2 tablespoons chopped parsley cherry tomatoes

- Shred lettuce
- Sprinkle cooked peas
- Chop eggs and combine with finely sliced mushrooms and spread
- Add shallots and grated chest on top
- Combine dressing ingredients and pour over top
- Cover and leave
- Chop and fry bacon
- Top with tomato wedges or cherry tomatoes bacon and parsley

NORFOLK ISLAND SALAD ★ ★

1 cup sour cream 1 cup mandarin pieces
1 cup pineapple pieces 1 cup chopped marshmallows
1 cup coconut (thick coconut not desiccated)

Mix altogether and leave refrigerated overnight for best result

POTATO SALAD

Potatoes Eggs Red Onion
Bacon Parsley Mayonnaise

BEAN SALAD

500g beans Cherry tomatoes French Salad dressing

- Blanch beans and let cool
- Toss in tomatoes and cover with salad dressing

MEDITERRANIAN PASTA SALAD

New pasta in a box – spiral – 250g pasta

2 Red capsicum 2 Yellow capsicum olive oil
2 Cloves Garlic 150g fetta cheese crumbled on top
3 zucchinis slices ¼ cup flat leafy parsley bottle olives
Balsamic vinegar 3 tablespoons olive oil 1 tablespoon pepper

Dressing

6 large pitted olives ½ cup olive oil
2 tablespoons balsamic vinegar

- Blend all ingredients and put onto pasta
- Serve with feta cheese on top

PASTA SALAD

Bow-tie pasta 500g shallots gherkins
bacon curry powder mixed into mayonnaise
hard boiled eggs

FRUITY RICE SALAD

¾ cup long grain rice ½ cup pine nuts ½ cup sultanas
1 stick celery, diced 4 shallots, chopped ½ cup walnut pieces
2 tablespoons chopped ginger 2 apricots chopped

Dressing

¼ cup orange juice 2 tablespoons oil 1 clove garlic, crushed
1 teaspoon grated green ginger 2 teaspoons honey
1 teaspoon honey

- Add rice gradually to large pan of boiling water boil uncovered for 10 – 15 mins
- Drain and cool
- Toast pine nuts in moderate oven 5 – 8 minutes Combine all ingredients in salad bowl, toss well with dressing
- Cover and refrigerate the day before or several hours before

Dressing

- Combine all ingredients in screw top jar and shake well. Serves 6

Party

Finger Food

SAVOURY TARTS ★

125g spam ham
2 teaspoons mustard
1 sml tin reduced cream
salt and pepper

125g grated cheese
1 egg
1 pkt French onion soup

- Have 2 sheets of puff pastry out of freezer to soften
- Chop ham into small cubes and add all other ingredients - mix well (may need more cheese)
- Cut pastry into circles with cutter and place into well greased tart trays
- Bake in moderate oven 180° for approximately 25 minutes

SAVOURY BREAD PARCLES

2 hard-boiled eggs
1 small onion
6 bacon rashers

250g grated cheese
1 large tomato
1 tablespoon parsley

black pepper

- Blend all ingredients in a blender
- Cut crusts off 14 slices of bread
- Butter one side and cut each slice into 4
- Place buttered side down in patty pans and fill with mixture
- Bake for 20 minutes at 190°

CUCUMBER AND SALMON BITES

4 medium Lebanese cucumbers 250 g cream cheese
210 g can pink or red salmon drained 1 tablespoon sour cream
1 tablespoon mayonnaise 1 – 2 teaspoons lemon juice
1 tablespoon finely chopped coriander and chives
2 teaspoons finely chopped lemon thyme Salt & Pepper

- Wash cucumbers and trim ends and cut into slices 0.5 cm thick
- Beat cream cheese in a small bowl with electric beaters until soft and creamy.
- Add salmon, sour cream, mayonnaise, lemon juice, coriander, chives, lemon thyme, and S & P.
- Beat 1 minute or until well combined
- Place a teaspoonful of the cheese mixture on to the cucumber rounds
- Decorate with sprigs of fresh dill or shallots

Cook's file

Storage time – The salmon mixture can be prepared a day ahead. Keep in the refrigerator in an airtight container. Slice the cucumber into rounds and assemble just before serving.

Variations – Top the cheese mixture with thin shreds of fresh chilli or red capsicum to decorate

CHEESE, BASIL AND PINE NUT TRIANGLES

Makes 28

125 g feta cheese 125 g ricotta cheese 1 egg lightly beaten
2 tablespoons chopped fresh basil ¼ cup pine nuts, toasted
14 sheets filo pastry 125 g butter, melted salt & pepper

- Preheat oven to 200°
- Combine the cheeses, basil, pine nuts and egg in a medium bowl
- Place a sheet of pastry on a work surface and brush all over with melted butter. Top with another sheet of pastry, brush with butter. Cut the pastry lengthways into four strips
- Place 3 level teaspoons of the mixture on the end of each strip. Fold pastry over and up to enclose filling and form a triangle.
- Brush triangles with butter, place on an oven tray. Repeat the process with the remaining pastry and filling.
- Bake triangles for 15 minutes or until golden brown. Serve hot

Cook's file

Storage time – Triangles can be assembled several hours ahead. Cook just before serving. Cooked triangles can be frozen in a single layer on an oven tray until firm, then transferred to an airtight container

Hint – Handle filo pastry quickly and carefully as it becomes brittle when exposed to air. Cover spare sheets with a damp tea towel while assembling triangles

Variation – Grill 4 lean bacon rashers until crisp. Crumble and add to filling.

PARMESAN AND PESTO TOASTS

Makes 40

4 small torpedo or hot dog rolls 16 sundried tomatoes, cut into thin strips

150 g fresh parmesan cheese, shaved thinly

Pesto

1 cup packed basil leaves 2 tablespoons fresh chopped chives

1/3 cup pine nuts 2 – 3 cloves garlic, peeled ¼ cup olive oil

- Freeze rolls until firm
- Cut frozen rolls into very thin slices using a serrated knife. Toast bread slices under a hot grill until they are golden brown on both sides.

To make Pesto

- Place the basil, leaves, chives, pine nuts, garlic and olive oil in a food processor. Process for 20 – 30 seconds or until smooth
- Spread pesto mixture evenly over toasted slices. Top with strips of tomato and shavings of cheese

Cooks file

Storage time – bread slices can be toasted up to one week in advance. Store in an airtight container. Assemble just before serving

BACON AND ONION QUICHES

MAKES 24

Oil or melted butter 2 cups plain flour 150 g butter, chopped
3 – 4 tablespoons milk plain flour extra

Filling

3 rashers bacon, rind removed 2 teaspoons oil 1 onion thinly sliced

Salt & pepper ¼ teaspoon mustard powder 1 cup milk

2 eggs, lightly beaten 1/3 cup cream

2 tablespoons finely chopped chives 1/3 cup grated cheddar cheese

- Brush two 12-cup deep patty tins with melted butter or oil
- Place flour and butter in a food processor bowl. Process for 10 – 15 seconds or until mixture is fine and crumbly. Add milk, process a further 10 – 15 seconds or until mixture just comes together. Turn out onto a lightly floured surface. Knead dough lightly until smooth.
- Roll out pastry to 2 mm thickness using an 8 cm cutter, cut pastry into rounds. Ease pastry rounds into prepared tins. Refrigerate 30 minutes
- Filling
- Preheat oven to moderate 180°. Chop bacon – heat oil in pan – add onion, bacon, S & P and mustard. Cook over medium heat for 3 – 5 minutes or until onion is golden and bacon slightly crisp. Cool slightly
- Combine milk, eggs, cream and chives and mix well. Divide the bacon mixture evenly between the pastry cases. Pour the egg mixture on top and sprinkle with cheese. Bake for 15 minutes or until golden. Stand the quiches in their tins for 5 minutes. Remove and serve warm.

Cooks file

Storage time – pastry shells can be prepared up to 4 hours ahead. Assemble the filling and bake the quiches just before serving- use bread or frozen pastry

Hint – If preferred, fresh smoked salmon may be used in place of the bacon. Add the salmon to the egg mixture in Step 3

BOCCONCINI TOMATOES SKEWERS

Makes 20

20 very small whole bocconcini or 5 large ones sliced into quarters

1 tablespoon fresh parsley 2 teaspoons chives 2 tablespoons olive oil

¼ teaspoon salt ½ teaspoon ground black pepper

20 cherry tomatoes 40 small fresh basil leaves

- Place bocconcini in a medium bowl
- Finely chop the herbs
- Add oil, parsley, chives, s & P to the bocconcini. Cover and refrigerate for at least 1 hour or preferably overnight
- Cut each cherry tomato in half. Place on half on a skewer or toothpick. Thread on a basil leaf, then bocconcini, another basil leaf and then another tomato half. Do the same with more skewers and the remaining ingredients and serve

Cooks file

Storage time – Skewers can be served immediately, or covered and chilled for up to 8 hours

Hint – Bocconcini are small moulded patties of fresh mozzarella cheese used in antipasto and salads. They are available from delicatessens and larger supermarkets

HERB MEATBALLS WITH RICH TOMATO SAUCE

MAKES 45

1 medium onion, finely chopped 750 g beef mince 1 egg, beaten
2 cloves garlic, crushed 2 teaspoons cracked black pepper
¼ teaspoon salt 2 tablespoons plum sauce
1 tablespoon Worcestershire sauce 2 tablespoons finely chopped rosemary
1-2 tablespoons finely chopped mint or sweet basil oil for frying

Rich Tomato Sauce

1 ½ cups red wine 1 clove garlic, crushed ¾ cup tomato puree
1/3 cup chunky bottled tomato sauce 2 – 3 teaspoons Dijon mustard
30 g butter, cut into pieces

- Combine onion beef, egg, garlic, S & P, sauces and herbs in a large mixing bowl.
- Heat oil in a large frying pan. Cook meatballs in batches over medium heat for 5 minutes or until evenly browned. Shake the pan during cooking to prevent sticking. Drain on paper towel Keep warm.

To make Sauce

Drain oil from pan, add wine and garlic to pan juices. Bring to boil, reduce heat simmer to reduce liquid by half. Strain into medium pan. Add tomato puree, sauce and mustard. Bring to boil, reduce heat and reduce liquid by half.

Gradually whisk in butter Serve warm

Cooks file

Storage time – Meatballs can be prepared up to 2 weeks in advance. Store then in the freezer in an airtight container. Thaw and reheat in moderate 180° oven for 10 – 15 minutes, or freeze raw and cook just before serving. The sauce can be made a day ahead. Reheat gently to serve.

MINI SPRING ROLLS

MAKES 48

30 g bean thread vermicelli or rice stick noodles 150 g pork mince
1 medium carrot, grated 60g bamboo shoots, drained finely chopped
1 medium onion, finely chopped 2 spring onions, finely chopped
¼ teaspoon salt ¼ teaspoon black pepper 3 teaspoons fish sauce
12 large spring roll wrappers peanut oil for deep frying

- Place noodles in a medium bowl. Cover with boiling water. Stand 3 minutes, drain and set aside.
- With scissors, cut the noodles into small pieces.
- Combine noodles, mince, carrot, bamboo shoots, onions, S & P and sauce in a medium bowl. Mix until well combined.
- Cut each spring roll wrapper into four squares. Work with two wrappers at a time, keeping the remaining wrappers covered with a clean, damp tea towel to prevent drying out. Place one heaped teaspoon of mixture on each spring roll wrapper. Fold one corner over, then sides.
- Roll up and seal with a little combined flour and water. Continue process with the remaining mixture and wrappers. Heat oil in a deep heavy based pan or wok until moderately hot. Carefully lower 3 – 4 spring rolls into the oil using tongs or a slotted spoon. Cook for 3 minutes or until wontons are golden and crisp. Drain on paper towel. Serve hot with sweet chilli or soy sauce

Cooks file

Storage time – Make spring rolls several hours ahead. Cover and refrigerate. Deep fry just before serving, or reheat cooked spring rolls in a moderate 180° oven for 10 – 15 minutes

Variation – Use beef or chicken mince in place of pork mince

CAPSICUM ROLLS

MAKES 20

1 large red capsicum ½ cup grated cheddar cheese
1/3 cup shredded parmesan cheese 2 tablespoons whole egg mayonnaise
2 table spoons finely chopped parsley 1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh oregano salt & pepper
2 3 drops Tabasco sauce 10 slices fresh bread
45 g butter, melted paprika

- Halve capsicum and remove seeds and membrane. Rub skin with a little oil
- Grill capsicum, cut side down, until the skin is black. Cover with damp tea towel until cool. Peel and discard skin. Finely chop the flesh and combine in a medium mixing bowl with cheeses, mayonnaise, herbs, salt, pepper and Tabasco. Cut crusts from bread, flatten slices with rolling pin. Brush both sides of slices with melted butter
- Spread capsicum mixture on each slice, leaving a 1 cm border. Roll up and secure with toothpick. Cover and refrigerate for up to 12 hours
- Cut each roll in half. Ensure a toothpick secures each roll. Place on oven tray and bake in a preheated oven 180° for 10 – 12 minutes or until rolls are crisp and have turned a pale golden colour. Sprinkle with paprika. Serve warm

Cook's file

Storage time – Capsicum rolls can be prepared up to a day in advance – Bake just before serving

Variation – rolls can be served like mini rolled pizzas with different fillings. Brush bread slices with oil, then spread with tomato paste. Sprinkle with sliced olives, sundried tomatoes, parmesan cheese, mushrooms or other favourite fillings.

MUSHROOMS EN CROUTE

MAKES 48

8 slices white bread 80g butter, melted 1 tablespoon olive oil
1 clove garlic, crushed ½ small onion, finely chopped
375 g small button mushrooms, finely sliced salt & pepper
1 tablespoon dry sherry 2 teaspoons cornflour 1/3 cup sour cream
1 tablespoon finely chopped parsley 1 teaspoon finely chopped fresh thyme
¼ cup shredded parmesan cheese

- Preheat oven to 180°
- Cut the crusts from the bread. Brush both sides of bread with the melted butter. Cut each slice in half vertically, then each half into three horizontally. Place bread croutes onto a foiled-lined tray. Bake 5 – 10 minutes or until golden and crisp
- Heat the oil in a large frying pan – add the garlic and onion. Cook, stirring over low heat, until onion is soft. Add the mushrooms and cook over medium heat for 5 minutes or until tender. Season with salt and pepper
- Pour in the sherry. Blend the cornflour and sour cream, add to mushroom mixture and stir until mixture boils and thickens. Remove pan from heat and stir in the parsley and thyme. Set aside to cool
- Spread the mushroom mixture onto each croute. Top with parmesan cheese. Place on a baking tray and bake for 5 minutes or until croutes are heated through. Serve decorated with small sprigs of thyme, if desired

Cook's file

Storage time – Make bread croutes up to 4 days in advance and store in an airtight container. Make the mushroom topping and assemble just prior to serving

CHICKEN SATAY WITH PEANUT SAUCE

MAKES 30

750 g chicken tenderloins or breast fillet 1 tablespoon fish sauce

2 teaspoons ground coriander 1 teaspoon black pepper

2 tablespoons fresh chopped coriander roots and stems

2 cloves garlic, crushed

Peanut Sauce

1 tablespoon peanut oil 1 medium onion, finely chopped

2-3 cloves garlic, crushed 1 teaspoon ground cumin

½ teaspoon ground coriander ½ teaspoon turmeric

½ cup crunchy peanut butter 1 tablespoon sweet chilli sauce

¾ cup coconut cream

- Trim chicken of excess fat and sinew and thread onto skewers. Place by side in a flat non-metal dish. Combine sauce, coriander, pepper and garlic. Spread over chicken skewers, Cover with plastic wrap. Refrigerate hours or overnight

Peanut Sauce

- Heat oil in a medium pan. Add the onion and cook over medium heat for 2 minutes, Add garlic, cumin, coriander and turmeric, and cook, stirring for one minute. Stir in the peanut butter, chilli sauce and coconut cream, mixing well. Stir over low heat until completely heated through.
- Place chicken skewers on a lightly oiled barbecue grill or flat plate, or under a preheated grill, for 3 – 5 minutes, turning once. Grill until browned and cooked through. Serve warm with Peanut Sauce.

Cook's File

Storage time - Chicken skewers can be prepared a day ahead. Cook just before serving. Make sauce several hours ahead – reheat gently and add a little water if sauce is too thick.

Hint – to prevent bamboo skewers burning, soak in cold water for 20 minutes before threading on chicken

PUMPKIN TARTS

MAKES 36

2 rashers bacon	1 onion	1 tin asparagus
1 cup mashed pumpkin	1 cup grated cheese	1 egg
¼ cup milk	nutmeg	2 sheets frozen puff pastry

- Grease patty pan
- Thaw pastry and cut into circles and place in pans
- Boil pumpkin until soft and drain well and mash
- Add all other ingredients and mix well
- Place in greased tart pan
- Bake in Moderate oven 180° for 15 – 20 minutes or until brown

CRAB PASTRIES

Makes 36

1 – 2 sheets puff pastry	½ cup mayonnaise
½ cup whip cream	200g crab meat chopped
1 tin asparagus - well drained on paper towel chives to tie (if desired)	

- Measure pastry and cut 5 cm x 5 cm squares
- Bake in oven 200° until cooked – set aside to cool
- Whip cream until thick then add mayonnaise, chopped crab meat, and sliced asparagus
- Mixture is best made 2 hours before or overnight and chilled
- Cut pastry in half and fill cases
- I desired tie each case with a string of chives or shallot cut very finely approx 25 cm long and tie in a knot

UNCOOKED PLAY DOUGH

2 cups plain flour	tablespoons of 'cream of tartar'
2 tablespoons of cooking oil	1 cup of salt
2 cups of boiling water	Food colouring

Mix dry ingredients then add oil and boiling water – squish and squeeze all together – add colouring to suit.