

# Cooking with Pure Ingredients

*Family Recipes for the Hyperactive*

Ann Tydeman



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Ann Tydeman

Australian National University Press  
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**This book is dedicated to those children everywhere whose 'haloes' temporarily become stuck between their 'horns' and to those loving parents who wish to reduce 'temptation' but need help to do it!**

# Foreword

I began by being highly sceptical. How could a diet change the entire personality of a child?

Then I met the first enthusiastic mother. She was entirely committed to the régime and thoroughly convinced of the improvement in the behaviour of her offspring. I remained unconvinced. I met another parent as enthusiastic as the first—then yet another devotee. Hesitantly I recommended a 'difficult' toddler for a trial of Dr Feingold's diet and to my surprise and gratification learned of marked improvement in behaviour and obedience. With each success my enthusiasm increased. I have now become as committed and dedicated as are the parents whose children have benefitted by the withdrawal of the various irritant substances.

Of course there are failures, or only partial successes, but careful selection narrows the failure rate.

Opponents of the régime suggest it is the placebo effect on the parents which brings the results. However, outbursts of illtemper and hyperactivity can be traced to entirely unwitting (and unknown) transgressions in the diet. I recently heard of a grandmother who, babysitting and unaware of the restrictions, gave her grandchild a 'baby aspirin' for a temperature. The returning parents were nonplussed at the great regression in their son's behaviour until they discovered the grannie's action.

The considerable practical difficulties of administering Dr Feingold's diet will be largely overcome by the publication of Mrs Ann Tydeman's book.

I thoroughly recommend it to all suffering parents.

David E. Taylor  
MB.BS., DORCOG., DTM & H.  
Fellow of the Royal Society of  
Tropical Medicine.

# Preface

Darien looked angelic enough to the outsider but he was in fact a very 'difficult' child. This 2 year old dynamo had almost worn me out. He responded little to parental demands; slept very seldom; cried loud and long; ran, climbed and fell everywhere. He seemed bright and alert enough with a few words in his vocabulary BUT . . . my dream of beautiful babyhood had certainly been shattered. We had coped with prematurity, colic, middle ear, bronchitis, tonsilitis, frequent injuries and head x-rays. We had taken turns to walk the floor all night, had left the 'spoilt' child to cry it out, read books and articles, consulted social workers, paediatricians and general practitioners only to be told to 'learn to live with him'. Worst of all was the guilt—What have I done wrong?

One evening, with a case of tonsilitis we waited at (or should I say destroyed?) the local health centre. It was in fact the doctor's receptionist who commented that my child was certainly a handful and asked how I coped? At her suggestion the doctor probed further and then tentatively suggested a new diet. I was willing to try anything at all. Darien dismantled the dietitian's office during our attempt to discuss the diet and I was then even more determined to persevere. The worst that could happen would be a healthy diet!

He was and still is constantly demanding but the change in his disposition and rate of metabolism within four days was miraculous. For one thing, he started to sleep 2 hours at midday and a full 12 hours at night. Were we imagining all this? Even my sceptical husband said he was sure the diet had brought us some peace. Mothers in our playgroup remarked on the improvement in his co-ordination and countenance. A friend, who had described him as 'frenzied' was overwhelmed at the change.

Naturally we received the usual responses—the favourite is 'it's a placebo effect' meaning that it was the extra attention given my child in following this diet that had wrought the changes.

Certainly we have an active child and one who is more demanding than the average but I have found time to write this book for you because I'm a believer!

Canberra, 1978

A.T.



# Acknowledgments

I wish to express sincere appreciation to many friends and colleagues for the generous help given in the preparation of this book.

These include Mrs E. Richardson and Mrs W. Gray (A.C.T. Community Dietitians) for their valuable time, guidance, support and encouragement; Friends and members of the National Hyperactivity Association for their critical evaluations and contributions of favourite recipes; many thanks to my husband for continued support in all ways; and grateful thanks to my mother Mrs Beryl Scheduling and my friends Jan Nichols and Julie Prosser for that essential service 'babysitting'. Finally sincere thanks to Moira Conn for her patience and her typing.

I wish to thank also the following companies for permission to use their brand names with reference to particular products. These items have been used successfully in conjunction with the Australian version of the Feingold diet. Please note that for further information on commercial products suitable for the diet we refer you to your state's hyperactivity association (see p. 190)

San Remo Lasagne  
Nestlé Malted Milk  
Nestlé Malt Milo

Cadbury Bournville Cocoa  
Arnott's Milk Arrowroot  
Biscuits

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# About This Book

The purpose of this book is to provide economical and enticing recipes free of synthetic colours and flavours.

The recipes should appeal to everyone interested in a healthy diet, and cater in particular for hyperactive people.

Additives to modern foods are a fact of life. They prevent spoilage and enhance flavours and appearance of processed products. Many have been tested, many occur naturally in a number of foods . . . but are they really 'safe'? Perhaps the chemicals in our diet are causing unsuspected allergies! Chemicals are also present in our foods as adventitious additives, or accidentally because of the nature of their cultivation and processing. Insecticides such as dieldrin and heavy metals such as cadmium, copper and lead, can be consumed inadvertently with risks of chronic toxicity. Children eat more food than adults in proportion to their body weight and are therefore likely to ingest higher levels of such substances.

If we are concerned about the situation we can avoid those foods that have high levels of artificial additives and which are labelled as such. It is not practical to follow a completely additive free diet unless one wishes to become totally self-sufficient but it *is* possible to leave out of our food those additives which offer no extra nutriments, that is synthetic colours and flavours.

The effects of some additives are not known conclusively. If any added colours are used in Australian food the label 'artificially coloured' is generally but not always required. The state laws allow exemptions from labelling for various products which have been standardised such as bread, cheese etc.

There are also flavours added to food used in Australia. Even with the words 'artificially flavoured' the type of flavouring is unknown to the consumer and that means you!

## **The Diet**

What is the connection between synthetic food colours and flavours and hyperactive people? The answer to this question is still largely unknown, but some hyperactive people have shown amazing improvement in their behaviour and personality after the withdrawal of artificial colours and flavours from their food. In many cases they have been observed to concentrate better, sleep better, and respond more purposefully. Further improvement has been noticed when foods containing salicylates and aspirin were also withdrawn.

The diet presented here, which is based on the Feingold K-P Diet, should be prescribed by a doctor and managed under a dietitian to ensure correct diagnosis and treatment, adequate nutrition, and to give guidance on finer details and problem areas. As each state in Australia has differing commercial food supplies it is strongly recommended that further details be sought from your own state's association (see p. 190).

There are basically two groups of foods to be eliminated in the following diet.

The *first* is a list of fruits, a few vegetables and other items which have or may have natural salicylates. These must be completely eliminated in any form, fresh or otherwise processed. If the diet has encouraging results they should be reintroduced one by one over a few days, noting any behavioural or other changes. Please note that this step should not be undertaken until 4 to 6 weeks after the start of the diet—this period is called the control period. If the individual can tolerate some or all of the items on this list then they will have a more liberal choice.

### **Eliminate for 4 to 6 weeks**

all fruits and berries *except* bananas, dates, figs, mangoes, paw paw, pears, pineapple

all tomatoes, cucumber, green pepper, zucchini

all spices *except* cinnamon, pepper, ginger

all herbs (especially mint) *except* parsley, chives. Note that tea is a herb and therefore to be eliminated.

all nuts (especially almonds) *except* peanuts. (Note that most hyperactive people do not seem to react to nuts, herbs and spices but some dietitians have recommended their initial elimination.)

The *second* list is more restrictive with the aim of excluding the foods permanently. It refers essentially to commercial products. Here is where your local association will be of most help to you because of state differences in commercial products (many of which are allowed after investigation about ingredients) (see p. 190 for address of your local association).

**Do not use these items**

*Beverages*

commercial soft drinks	beer
commercial cordials	gin
wines	liquors

*Dairy Products*

margarine	flavoured or fruit yoghurts
cheese other than creamed cottage and cheddars	flavoured milks
commercial icecream	commercial ice blocks

*Meats* commercially prepared meats (e.g. frankfurts, salami, or butcher's sausages, rissoles, minces, crumbed meats)

*Fish* commercially battered fish, fish fingers, smoked fish products

*Poultry* seasoned barbequed chicken

*Oils* olive, sesame

*Cereals and Cereal Products*

fancy breads, fruit loaves	commercial breakfast cereals
commercial cakes, cake mixes, biscuits, desserts	white, coloured pasta products

*Sweets, Lollies and Flavourings*

commercial jellies	essences
commercial desserts	coloured sugars
snack items such as potato chips	artificial sweeteners
custard powders, flavoured junket tablets	jams and other commercial spreads
lollies, chewing gums	pickles
chocolate	commercial soups, stock cubes and sauces

*Miscellaneous*

commercial toothpaste	fly spray
scented soap	moth balls
aspirin	perfumes
camphor	peppermint

creams and lotions  
some sunscreens  
perfumed dishwashing  
detergents

oil of wintergreen  
synthetic methylsalicylate

**NOTE WELL:** Do **NOT** use any foods containing any artificial flavouring or colouring.

**RELAX!** The list to follow makes life easier than you first think!

**You may use these items:**

*Beverages*

water (Nectar of the Gods)  
milk other than Hi-Lo  
malted milk powder  
decaffeinated coffee  
pure cocoa

carob powder (same quantities  
as for cocoa)  
juices of fruits allowed  
soda water

*Dairy Products*

butter  
cream  
reduced cream  
sour cream  
buttermilk  
skim milk  
whole milk

evaporated milk  
sweetened condensed milk  
plain yoghurt  
cheddar cheeses  
creamed cottage cheese  
homemade icecream

*Meats*

beef  
bacon  
ham  
home corned beef (without  
pineapple essence)

minced meats without  
preservatives  
lamb  
pork  
veal

*Poultry*

turkey  
rabbit

chicken and eggs  
duck

*Fish*

fresh or frozen fish  
fresh shellfish

tinned tuna and salmon

*Cereals and Cereal Products*

bread (preferably  
wholemeal)  
cornflour

sago  
tapioca  
wholemeal pasta

white flour (preferably  
unbleached)  
wholemeal flour  
self-raising flours  
wheatgerm  
rice and rice flours  
rye and rye flours  
barley  
oats

*Sweets, Lollies and Flavourings*

homemade fruit jellies with  
allowed fruit juices  
plain gelatine  
plain junkets  
homemade custards  
homemade jams, spreads  
homemade lollies, chocolate  
homemade soups with allowed  
ingredients  
chives  
ginger  
malt vinegar

*Fats*

drippings  
lard  
peanut oil

*Fruits and Vegetables*

refer back to the first list

*Miscellaneous*

unscented soap

egg noodles  
homemade biscuits, cakes and  
desserts with allowed  
ingredients  
some commercial biscuits are  
allowed (see your local  
association)  
semolina

parsley  
yeast extract  
salt  
peanuts and peanut butter  
pepper  
pure soy sauce  
honey  
sugars  
golden syrup  
treacle  
malt  
cinnamon  
  
vegetable oil (except olive and  
sesame)  
safflower oil  
butter

The following guidelines should be followed;

A diet diary is essential to record every food eaten and all behaviour.

Do not abandon the diet if response is not immediate. In most cases a positive response can be seen in seven to ten days although it can take the full 6 weeks in an older person.

If response is positive but not complete try eliminating preservatives as well—often found in oils.

Check labels—in Australia this is not always the total answer. If in doubt go without.

Success rates are greater when the family also adheres to the diet.

The diet does not work with constant infractions. Small quantities of offending agents can cause three days of hyperactivity and the reaction may occur within 3 hours. Alternatively a repeated small infraction may accumulate and then the person may suffer all the original symptoms quite suddenly.

Medications should be reviewed carefully by your doctor and dietitian to assess need and type given.

### **Some Personal Observations**

In addition to the diet a sensitive person may also react to loud noises, exciting situations, bright colours, the mint in the garden to name just a few.

We have noticed distinct changes in behaviour after finger painting (we scrub hands immediately) and wallpaper glues, at pre-school.

It is beneficial in the long run to provide frequent satisfying snacks since hunger certainly causes irritability.

We have learnt to avoid a high sugar intake which has produced bad tempers.

Note that cold winds, cold water, excess heat can annoy even the most placid person.

Routine is an important stabiliser, and bedtime stories (or a quiet time) help to avoid overstimulation in the evening.

Specific allergies need proper treatment for the diet response to be complete.

A wise parent will ensure that any child is removed or protected from a potentially dangerous situation such as petrol fumes.

Babies should be prevented from eating newspaper print which contains lead and can cause hyperactive symptoms.

As a baby, my son was so excitable he was best fed in a quiet room. The whole family will digest their food better in a relaxed atmosphere.



A child can be taught to calm down if he or an adult notices the excitement building up. Try to provide a favourite quiet activity away from the hubub to which the child will voluntarily go or when asked.

Water play and the bath can be a therapeutic activity for the younger ones.

Don't forget to remove the dyed section from your meats before cooking.

## *Freezing for Convenience*

Recipes marked with an asterisk should freeze successfully but please follow the basic rules:

any pre-cooked meals should only be kept frozen for two months;

seasonings are best added after thawing;

pastry products are best frozen after cooking;

cheddar cheeses freeze well;

pre-cooked meals should be cooled in ice-water before being placed in the freezer;

substitute arrowroot for thickening in pre-cooked meals to be frozen;

you cannot freeze ordinary milk and cream satisfactorily since the fat separates but you can freeze whipped or thick cream;

Custards, milk puddings and meringue toppings do not freeze well;

Butter icings can be stored successfully in the freezer;

Homemade bread can be kept in the freezer up to 2 months. It must be stored at a low temperature  $-18^{\circ}\text{C}$ ;

Don't forget to read the instructions for your own freezer.

# Food and Good Nutrition

The food we eat is one of the most important factors affecting our health. All that we are and all that we do are influenced by what we eat. By choosing foods daily (in the correct quantities) from each of the five food groups you can give yourself and your family all the nutrients needed for good health.

## *The Basic Five*

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### **The Basic Five Daily Food Guide**

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### **Food Selections from the 'Basic Five'**

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#### **The Milk Group**

*For children, pregnant  
and lactating women—  
600 ml*

*For adults—300 ml*

The milk group includes a variety of products (preferably full-cream) such as milk, yoghurt, powdered or evaporated milk and cheese (100 ml milk = 15g cheese).

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#### **The Meat Group**

*At least one serve*

The meat group includes a variety of animal meats, poultry, fish, eggs, nuts and seeds, such as beans and peas.

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#### **The Vegetable and Fruit Group**

*At least four serves*

The vegetable and fruit group. All varieties are suitable but select one serve of either citrus fruit, berry fruit, tomato or potato; one serve of a green leafy or yellow vegetable daily and two servings of other vegetables or fruit. (Remember this is for stage 2.)

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#### **The Cereal and Bread Group**

*At least four serves*

The cereal and bread group includes all products made from grains, such as wheat, barley, oats, rye and rice. Use wholegrain, in preference to refined, cereals and breads.

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**The Butter Group**  
*At least one tablespoon*

The butter group consists of butter, table margarine, and cream. Dripping lard, various oils and cooking margarines have a high kilojoule (i.e. energy) content but do not contain the vitamins of butter and table margarine.

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The human body has remarkable powers of resistance and adaptation to adverse conditions—hence the effects of poor nutrition are not always visible—except as obesity or dental caries. We cannot expect the best of health if we persistently have a poor diet.

The foods children eat affect their growth, development, ability to learn and general behaviour. The wide variety of foods available, and mothers working outside the home, more pocket money and the greater independence that children have today all increase the tendency towards poor food habits. Children (the future of our society) have to be educated to make good food selections and they learn most effectively by being actively involved. Therefore, children both at home and at school should be encouraged to be interested in food and involved in its preparation. School canteens should sell only nutritious foods to children. The presentation of attractive food in a happy, relaxed atmosphere together with love and care can greatly affect the way a child feels about himself and about his food. Here are a few suggestions: Make foods look interesting by using individual moulds, serving dishes, attractive table settings, a good combination of colours in food, garnishes and realistic size servings. Don't fuss about foods being 'good' for you. Assume the child will like the food presented, savoury or sweet, and remember if children have helped prepare a meal they are more inclined to eat it.

Cakes, biscuits, lollies, chocolates and soft drinks should only be eaten in limited amounts as they may cause malnutrition if they take the place of essential foods. They may also cause tooth decay and overweight.

Remember: choose wisely from **The Basic Five Food Groups**.

Wendy Gray  
Community Dietitian

## *Some Helpful Hints*

Have a second copy of the diet for your child covered in heavy plastic for reference by people who might be providing your child with food but are unfamiliar with the restrictions. Include medicines for emergency. Remember your child's diet is individual.

Cook two meals at once when you have time—freeze one.

Involve your child in cooking and preparation of easy meals.

Place all banned items to one side of the cupboard then temptation and error will be reduced.

Have snacks on hand e.g. banana sticks, cinnamon sugar for toast or individually wrapped slices of cake, cheese cubes, allowed fruit.

Use your freezer wherever possible—keep the stock the vegetables are cooked in, keep chicken carcasses for soups and stocks.

Do remember to feed your child nourishing snacks often (but not too close to meals)—hunger can be a definite problem.

Save the wrappers from your butter for buttering cake tins, casseroles etc.

Add hot water to your empty jar of yeast extract and shake vigorously—the resulting stock can be used to flavour the next casserole or soup.

Cut a sponge cake for filling with a piece of strong thread. Place thread around cake, cross ends and pull.

Use a hot knife for slicing cake, bread and hard boiled eggs.

Heat the spoon when measuring honey, golden syrup and treacle.

Cut glacé pineapple, dried banana or dried paw paw (health food stores) and wrap in cellophane for use as sweets on special occasions.

Rinse dishes and utensils very thoroughly with very hot water to remove excess detergent or soap—dishes will dry quickly without streaking if left to drain.

Baby or children's bath toys can be kept tidily and conveniently in a plastic mesh fruit bag.

Make your crumb crusts and pastry ahead of time and freeze for rainy days. Then simply remove and fill.

Pies and tarts can be more easily removed from the pie dish or flan case if it is first lined with foil—simply lift out, peel the foil down and off.

Cook pastry case blind by

- i) lining with greaseproof paper with dried beans
- ii) lining with cooking foil cut larger than the flan and pressed into base and sides of pastry—simply wash foil and use again next time.

# Starters

## *Pineapple Carrot Cocktail* (using juice separator)

**Serves: 1**

3 slices fresh pineapple, peeled    1 carrot  
and cored

**Garnish**

very thin slice pineapple

Wash fruit and carrot, cut into convenient sizes and pass through juice separator. Chill and serve with a garnish of thinly sliced pineapple.

## *Pineapple Cocktail*

**Serves: 1**

1 cup unsweetened pineapple    1 tablespoon cottage cheese  
juice

Place both ingredients in liquidiser or blender and mix a few moments.

## *Tropical Dip*

125 g (4 oz) cottage cheese  
salt  
freshly ground black pepper

¼ × 425 g (15 oz) can crushed  
pineapple drained (reserve  
¼ cup juice)

Beat cream cheese and pineapple juice to a smooth consistency. Add other ingredients and chill well.

### **Variations**

*Onion.* substitute 1 medium onion, grated or finely chopped, for crushed pineapple. Add 2 tablespoons chopped parsley.

*Celery.* substitute 2 sticks celery, very finely sliced, for the crushed pineapple.

## *Cheese Stacks*

**Makes: 16**

6 thin slices block cheddar  
cheese

6 thin slices ham  
flavoured butter (see recipe  
p. 111)

Spread slices of block cheddar cheese and meat with cream cheese or flavoured butter. Place cheese layer over meat layer. Repeat twice. Wrap in greaseproof paper or plastic. Press with a weight and chill. Remove wrapping and cut into bite size squares or triangles. Insert a toothpick in each.

## *Stuffed Celery*

**Makes: 32 pieces**

250 g (8 oz) cottage cheese  
¼ teaspoon salt  
1 teaspoon grated onion

8 large stalks of celery  
¼ cup peanuts, chopped

Blend the cottage cheese, salt and onion. Fill the celery stalks evenly with the mixture. Sprinkle with chopped peanuts. Cut each stalk into 4 pieces and keep crisp and firm in the refrigerator until ready for use.

#### **Variation**

*Dates:* substitute  $\frac{1}{4}$  cup chopped dates for  $\frac{1}{4}$  cup chopped peanuts.

## *Date Devils*

**Makes: 18**

3 slices shoulder bacon	60 g (2 oz) cottage cheese
18 dates, stoned	(optional)

Cut shoulder bacon into 18 strips. Fill centres of dates with cottage cheese if desired. Wrap a strip of bacon around each date and secure with a toothpick. Grill until bacon is cooked.

## *Bacon Whirls*

**Serves: 6**

Cooking time: 15–20 minutes	Oven temperature: 200–230°C (400–450°F)
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6 rashers of bacon	1 quantity of mushroom stuffing (see recipe p. 112) OR 1 quantity of egg stuffing (see recipe p. 112)
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Spread rashers of bacon with mushroom or egg stuffing. Roll firmly and cook in a hot oven 15–20 minutes.



## *Asparagus Ham Rolls*

**Serves: 6**

18 freshly cooked asparagus spears (see recipe p. 89)	1 cup milk
6 thin slices ham	½ cup grated block cheddar cheese
4 teaspoons butter	salt
4 teaspoons flour	pepper

### **Garnish**

toast triangles, parsley

Place 3 asparagus spears on each ham slice and roll up. Arrange in a single layer in a lightly greased, shallow ovenproof dish.

Melt butter and stir in flour until smooth. Cook 1 minute. Stir in milk and cook, stirring, until sauce boils and thickens. Simmer 2 minutes. Add cheese, salt, pepper. Pour over ham rolls and place in a moderate oven until heated through and the top is lightly browned. Garnish with toast triangles and parsley.

## *Scotch Eggs*

**Serves: 4**

500 g (1 lb) beef sausage mixture (see recipe p. 77)	†egg
4 hard boiled eggs	†milk
fat for frying	†breadcrumbs
	†for coating

Divide the sausage mixture into four. Wrap each hard boiled egg in sausage meat. Coat with beaten egg and milk, then with breadcrumbs. Fry until crisp and golden brown. Drain well on kitchen paper.

### **Variation**

*Cheese Scotch Eggs:* Use 375 g (12 oz) finely grated dry block cheddar cheese instead of sausage mixture. Blend with 125 g (4 oz) flour, seasoning, few drops pure soy sauce and 1 beaten egg. Press this mixture round the hard boiled eggs, roll in crumbs and fry until crisp and golden brown.

*Note:* Be careful the fat is not too hot, otherwise the cheese mixture becomes oily.

## *Spinach Stuffed Eggs*

**Serves: 6**

6 hard boiled eggs	½ teaspoon salt
3 tablespoons cottage cheese	3 tablespoons block cheddar cheese, grated
3 tablespoons spinach, cooked and mashed	½ teaspoon black pepper

Cut the hard boiled eggs in half lengthwise and remove yolks. Mix the yolks into a cream with the cottage cheese adding extra cheese if needed. Add the rest of the ingredients with the spinach and replace them into the egg whites.

## *Egg and Ham Sandwiches*

**Makes: 24**

250 g (8 oz) cottage cheese	salt
2 hard boiled eggs	2 tablespoons chopped parsley
freshly ground pepper	6 slices ham

### **Garnish**

small sprigs of parsley

Combine cottage cheese, eggs, pepper, salt and parsley. Spread over ham slices and sandwich together. Chill. Cut into fingers or triangles and garnish with sprigs of parsley.

## *Eggs with Mayonnaise and Prawns*

**Serves: 4**

4 eggs, hard boiled	½ cup mayonnaise (see
1½ cups prawns, cooked and shelled	recipe p. 108)
	½ cup cream, whipped

### **Garnish**

sprigs of parsley

Halve eggs and place in the middle of a serving dish. Arrange prawns in a circle around the eggs. Add cream to mayonnaise, stir until well blended, then pour over the eggs. Garnish with parsley.

## *Salmon Mousse*

**Serves: 6**

60 g (2 oz) gelatine	300 ml (½ pint) cream
300 ml (½ pint) hot water	½ tablespoon white malt
2 tablespoons butter	vinegar
2 tablespoons flour	½ teaspoon salt
300 ml (½ pint) milk	¼ teaspoon white pepper
3 eggs, separated	1 × 454 g (1 lb) tin salmon

### **Garnish**

sprigs of parsley

Dissolve gelatine in hot water.

Melt butter, stir in flour and cook 1 minute. Remove from heat. Stir in milk until smooth. Add beaten egg yolks, and stir until thickened over moderate heat. Add gelatine and whipped cream. Season with vinegar, salt, pepper. Mix in the salmon. Whip egg whites until stiff, then fold gently into the mixture. Pour into a greased mould and place in refrigerator until set.

Turn out of mould and garnish with parsley to serve.

## *White Fish Pâté*

**Serves: 6**

Cooking time: 20 minutes

750 g (1½ lb) fillet of white fish (fresh or frozen)	1 carrot, scrubbed
2 slices stale bread	1 stick celery
½ onion, finely chopped	seasoning
1 large egg	1 teaspoon white malt vinegar
dry breadcrumbs	1 tablespoon gelatine
2½ cups water	

### **Garnish**

½ carrot, grated,  
1 hard boiled egg, sliced

Mince the fish. Remove crusts from bread and soak in a little cold water, then squeeze out the excess water and put through the mincer.

Mix the fish, bread, onion and egg, adding a few breadcrumbs if the mixture is too wet. Form into a large oval shape, and coat in breadcrumbs. Wrap in muslin or aluminium foil, and poach in a stock made by boiling the carrot, celery, seasonings, malt vinegar in water for about 20 minutes. Lift out, unwrap and cool. Adjust the seasoning of the fish stock, strain off 1 cup of the stock and set with gelatine. Chop fish jelly when set. Place pâté on a serving dish and decorate with sliced hard boiled egg, grated carrot and chopped jelly.

## *Fish Pâté*

**Serves: 6**

1 × 212 g (7½ oz) can tuna (or salmon)	salt
2 eggs, hard boiled	pepper to taste
60 g (2 oz) softened butter	cream (optional)
1 teaspoon grated onion	2 tablespoons chopped parsley

### **Garnish**

1 tablespoon parsley, chopped, 1 small (120 g) can shrimps, hot toast fingers

Drain tuna (or salmon), discard oil. Mix tuna or salmon, eggs, butter, onion, salt and pepper. Mash and force through a sieve or blend in liquidiser or blender. Add a little cream if mixture is very thick. Stir parsley through. Heap onto serving dish and garnish with parsley and shrimps. Serve with hot toast fingers.

## *Chicken Liver Pâté*

500 g (1 lb) chicken livers	1 teaspoon salt
60 g (2 oz) butter	freshly ground pepper
2 shallots, chopped	

Gently sauté the chicken livers in butter 8–10 minutes, turning often with a wooden spoon. Grind, blend or mince the livers with seasonings. Press into a glass dish. Refrigerate 24 hours before serving.

## *Prawns in Garlic Sauce*

**Serves: 6-8**

1 kg (2 lb) cooked prawns	2 cloves garlic, crushed
250 g (8 oz) butter	1 stick French bread

Peel the prawns and place in frying pan with melted butter. Add crushed garlic and mix. Serve very hot on unbuttered bread.

## *Oysters Mornay*

**Serves: 4**

24 oysters in shells	2 tablespoons grated block cheddar cheese
300 ml (½ pint) hot mornay sauce (see recipe p. 105)	15 g (½ oz) butter
2 tablespoons breadcrumbs	

Place oysters in shells on grill tray. Spoon hot mornay sauce over. Sprinkle with a mixture of breadcrumbs and grated cheese. Dot with butter, place under hot griller until butter melts and breadcrumbs are golden brown.

# The Soup Kitchen

## *Basic Chicken Stock\**

**Makes: 2 litres**

1 × 2 kg (4 lb) boiling fowl	1 clove garlic
1 onion, chopped	6 sprigs of parsley
1 carrot, chopped	2 teaspoons salt
2 stalks celery, chopped	2 litres (4 pints) water
6 peppercorns	

Place all ingredients in a large pot with cold water and bring slowly to the boil. Simmer gently for 2½ hours, skimming scum from surface frequently in the first hour. Correct seasoning and strain through a sieve. Cool, remove fat and use as required.

### **Variations**

*Veal stock:* Substitute 1 veal shank for the chicken.

*Beef stock:* Substitute 500 g (1 lb) beef bones for chicken and add ½ turnip or ½ parsnip, peeled and chopped.

## *Sweet Corn Soup*

**Serves: 6**

2 tablespoons oil	1½ teaspoons salt
2 stalks celery, chopped	½ teaspoon pepper
1 onion, chopped	2 tablespoons plain flour
1 large potato, diced	2 cups milk

2 cups chicken stock (see recipe p. 10)      2 tablespoons finely chopped parsley  
2 cups frozen corn

Heat oil in a deep saucepan. Sauté celery and onion for 5 minutes. Add potatoes and chicken stock. Bring to boil, then add corn, seasonings. Simmer 30 minutes. Blend flour with milk, add to the soup, stir constantly until thickened and simmer a further 15 minutes. Add parsley just before serving.

## *Mutton Broth\**

**Serves: 8**

750 g (1½ lb) scrag neck of mutton, trimmed	1 carrot, peeled and chopped
2 litres (4 pints) of water	1 leek, peeled and chopped
45 g (1½ oz) pearl barley, soaked overnight	1 turnip, peeled and chopped
1 teaspoon salt	1 onion, diced
1 stalk celery, chopped	pepper
	chopped parsley

Cut mutton into small pieces. Cover meat and bones with the cold water and bring slowly to the boil. Remove scum, add barley and salt. Simmer 30 minutes. Add diced vegetables and pepper. Continue cooking gently, covered, for 1½ hours. Remove bones, cut meat off the bones and return meat to the broth. Skim to remove any fat, adjust seasoning and add parsley.

## *Chicken Broth\**

**Serves: 6**

1 chicken carcass	1 cup diced mixed vegetables
5 cups water	½ cup uncooked rice
1 onion, chopped	2 tablespoons chopped parsley
1 teaspoon salt	



1 cup diced cooked chicken      6 peppercorns  
meat

Place carcass in a large saucepan with water, onion, salt, peppercorns. Bring to the boil, cover and simmer gently for 1 hour. Strain, add liquid to a clean saucepan. Add chicken meat, mixed vegetables and rice. Simmer 30 minutes and add parsley before serving.

## *Basic White Fish Soup*

**Serves: 4**

250 g (8 oz) white fish	2 teaspoons finely chopped
300 ml (½ pint) water	parsley
2 small potatoes, finely diced	1 tablespoon cornflour
seasoning	600 ml (1 pint) milk
	30 g (1 oz) butter

Cut fish into tiny portions and place in saucepan. Add water, potatoes, parsley and salt, and cook 5 minutes. Blend cornflour with milk and add to mixture with pepper, milk and butter. Cook steadily for further 10 minutes.

### **Variations**

*Creamy Fish Soup:* Stir 2–3 tablespoons cream into soup when thickened.

*Golden Fish Soup:* Use grated carrot instead of diced potato. When soup has thickened blend beaten egg with 2 tablespoons milk. Stir into soup and cook without boiling 2–3 minutes.

*Fish Soup Mornay:* Stir 60 g (2 oz) very finely grated block cheddar cheese into soup just before serving.

## *Cream of Mushroom Soup*

**Serves: 4**

500 g (1 lb) mushrooms	3 heaped tablespoons flour
60 g (2 oz) butter	(add a little more for
1 small clove garlic, crushed	thicker soup)
1 tablespoon chopped parsley	1 litre (2 pints) stock (see
salt	recipe p. 10) or water
freshly ground pepper	$\frac{3}{4}$ cup cream

Wipe mushrooms with a damp cloth and chop into very small pieces. Melt butter and cook mushrooms gently, stirring, for about 4 minutes. Add the crushed garlic, chopped parsley, salt and pepper. Cook on gentle heat 10 minutes. Stir in flour and, when smooth, pour in the stock stirring all the time. Bring to the boil and simmer gently, stirring from time to time to prevent sticking. Put through sieve or liquidiser.

## *Cauliflower Cream Soup*

**Serves: 6**

$\frac{1}{2}$ fresh cauliflower or	4 tablespoons plain flour
1 $\times$ 500 g (1 lb) packet	1 onion, chopped
frozen cauliflower	1 stalk celery, chopped
2 cups salted boiling water	2 sprigs parsley, chopped
90 g (3 oz) butter	$\frac{1}{2}$ cup cream or evaporated
600 ml (1 pint) hot chicken	milk
stock (see recipe p. 10)	black pepper to taste

Poach cauliflower in 2 cups of salted boiling water for 5 minutes, reserving liquid. Melt butter in a saucepan. Add flour and cook stirring continuously until a smooth paste is formed. Add reserved cauliflower liquid to chicken stock and then gradually stir the stock into the flour mixture. Add onion, celery and parsley and simmer 20 minutes. Add cauliflower and cook until softened. Add cream and seasonings and heat through gently.

## Pea Soup\*

**Serves:** 6-8

250 g (8 oz) split peas	few bacon bones
90 g (3 oz) butter	2½ litres (4 pints) chicken stock (see recipe p. 10)
2 onions, chopped	½ teaspoon pepper
1 cup chopped carrot	4 tablespoons chopped parsley
1 cup chopped celery	
125 g (4 oz) chopped bacon	

### Garnish

2 tablespoons chopped parsley, croûtons (see recipe p. 16)

Soak the split peas overnight in enough water to cover, and drain the next day. Melt butter and cook onions, carrot and celery for 5 minutes. Add all other ingredients and bring to the boil, then simmer gently 1 hour. If the soup is too thick add more stock or water. Remove from heat and remove bones. Push soup through sieve or liquidise. Place in a hot tureen, sprinkle with parsley and serve with croûtons.

## Onion Soup

**Serves:** 8-10

**Baking time:** 30 minutes

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

90 g (3 oz) butter	salt and pepper to taste
1½ kg (3 lb) onions, peeled and sliced	8 slices bread, toasted
2½ litres (4 pints) beef or white stock (see recipe p. 10)	1 cup grated block cheddar cheese

Melt butter, add onions and toss in butter 6-8 minutes until browned. Add stock and seasonings. Bring to boil and simmer gently for 30 minutes. Pour into a large wide casserole and bake in a

moderate oven for 30 minutes. Cover the surface with toast and sprinkle with the grated cheese. Continue to bake in the oven until cheese is melted and golden, about 20 minutes.

## *Bolivian Peanut Soup*

**Serves: 4**

4 cups beef stock (see recipe p. 10)	½ cup cooked peas
1 medium onion, chopped	1 carrot, cooked and chopped
1 tablespoon chopped parsley	½ cup raw peanuts, peeled and ground
1 tablespoon oil	

Simmer onion and parsley in oil. Add stock and other ingredients. Cook without stirring 30 minutes. Serve with potatoes cooked with the soup or fried potatoes.

## *Vichyssoise*

**Serves: 6**

60 g (2 oz) butter	2 litres (3 pints) chicken stock (see recipe p. 10)
4 small leeks—about 2 cups—sliced	2 potatoes, peeled and thinly sliced
1 onion, finely chopped	extra cream
salt and pepper to taste	
150 ml (5 fl oz) cream	

### **Garnish**

parsley or chives

Wash leeks well and cut into very thin slices using white and pale green sections. Heat butter, add leeks and onion, salt and pepper. Cover and cook over low heat without browning about 5 minutes.

Add stock and potatoes. Cook until vegetables are tender, then put through a sieve or transfer to blender. Adjust seasonings. When soup is cold, stir in cream. Top with a spoonful of whipped cream and sprinkle with finely chopped parsley or chives before serving. Serve hot *or* well chilled.

## *Accompaniments for Soup*

These crisp tidbits enhance soups and may be stored in airtight containers for weeks.

*Melba Toast:* Use thin sliced white bread and cut each slice diagonally. Dry in a slow oven 150°C (300°F) until crisp and lightly coloured. Serve in a small basket.

*Croûtons:* Slice bread ½ inch thick. Remove crusts and cut into ½ inch cubes. Fry in butter or deep oil until golden and drain on absorbent paper.

# Neptune's Favourites

## *Fish Cakes\**

**Serves: 6**

1 × 500 g (16 oz) can salmon, drained	1 tablespoon white malt vinegar
2 cups cooked mashed potatoes	½ teaspoon pepper
1 small onion, finely chopped	2 tablespoons flour
1 tablespoon chopped parsley	3 tablespoons milk
1 teaspoon salt	dry breadcrumbs
	oil for frying

Flake salmon, discard bones. Combine salmon, potatoes, onions, parsley, vinegar, salt and pepper. Shape into 12 cakes. Roll in flour, milk and breadcrumbs. Heat oil and cook until golden brown, turning once.

## *Pickled Salt Herring*

**Serves: 6-8**

1 large salt herring

### **Dressing**

½ cup white malt vinegar	2 tablespoons onion, chopped
2 tablespoons water	6 white peppercorns, crushed
¼ cup sugar	½ teaspoon cinnamon

### **Garnish**

chopped onion, parsley

Clean fish, remove head and soak overnight in cold water. Bone and fillet the fish and cut in small slices. Carefully arrange slices on a deep glass plate or a fairly shallow casserole.

Mix ingredients for dressing and pour over. Garnish and leave 2-3 hours in the refrigerator.

## *Fish Pie*

**Serves: 4-5**

Cooking time: 30 minutes

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

1 kg (2 lb) good flaking fish  
(flathead, salmon, trout)  
3 hard boiled eggs, chopped  
1 onion, finely chopped  
2 bananas, sliced  
1 cup grated block cheddar  
cheese  
¼ cup chopped parsley

600 ml (1 pint) or double  
quantity of béchamel sauce  
(see recipe p. 104)  
salt  
pepper  
1 tablespoon pure soy sauce  
3 tablespoons breadcrumbs  
1 tablespoon butter

Poach fish in water until cooked. Skin, bone and flake and mix with eggs, onion, bananas, cheese and parsley. Stir all into sauce. Season with salt, pepper, pure soy sauce. Place in casserole. Top with breadcrumbs. Dot with butter and bake in a moderate oven 30 minutes.

## *Tuna Sweet and Sour\**

a quick dish

**Serves: 6**

1 × 425 g (15 oz) can pineapple pieces	2 tablespoons white malt vinegar
¼ cup sugar	2 teaspoons pure soy sauce
½ teaspoon salt	1 onion, sliced
2 tablespoons cornflour	1 × 454 g (1 lb) can tuna
1 cup fish stock	

Drain pineapple and reserve syrup. Combine sugar, salt, cornflower and then stir in stock, vinegar, soy sauce, and pineapple syrup. Pour into pan and stir until mixture boils. Cook 1 minute and add onion and tuna. Cover and simmer 10 minutes. Serve on a bed of hot fluffy rice.

## *Tuna Hot Pot*

**Serves: 6**

60 g (2 oz) butter	1 cup soft breadcrumbs
1 large onion, chopped	3 hard boiled eggs, chopped
2 tablespoons plain flour	4 tablespoons grated block cheddar cheese
450 ml (¾ pint) milk	salt
1 × 439 g (15½ oz) can chunk style tuna	pepper to taste

Sauté onion in butter until transparent. Gradually blend in flour, then milk and stir until sauce thickens. Add all other ingredients, reserving half the cheese. Place in a greased casserole, sprinkle with remaining cheese and bake in a moderate oven 30 minutes. Serve on hot noodles or rice.



## Salmon Mornay

**Serves: 4**

**Cooking time:** 15 minutes

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

30 g (1 oz) butter  
1 onion, finely chopped  
600 ml (1 pint) mornay sauce  
(see recipe p. 105)  
1 teaspoon white malt  
vinegar

1 × 425 g (15 oz) tin salmon  
2 tablespoons grated block  
cheddar cheese  
2 tablespoons soft  
breadcrumbs

Melt butter and sauté onion until soft. Add to hot mornay sauce. Season with vinegar. Fold in drained and flaked salmon. Place in a greased casserole dish, sprinkle with grated cheese and breadcrumbs. Bake in a moderate oven 15 minutes or until cheese melts.

### Variations

*Chicken:* Substitute 500 g (1 lb) diced cooked chicken for salmon. Eliminate vinegar.

*Tuna:* Substitute 1 × 425 g (15 oz) tin tuna for salmon.

## Salmon Loaf\*

**Serves: 4–5**

**Cooking time:** 1 hour

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

1 × 500 g (16 oz) can salmon  
¼ cup milk  
1 tablespoon grated onion  
1 tablespoon white malt  
vinegar  
½ teaspoon salt  
freshly ground black pepper

2 tablespoons grated carrot  
2 tablespoons parsley,  
chopped  
½ cup chopped celery  
1 cup dry breadcrumbs  
1 egg, beaten

Drain salmon and measure liquid to  $\frac{1}{2}$  cup with milk. Add onion, vinegar, salt, pepper, carrot, parsley, celery, breadcrumbs and egg. Mix well, spoon into greased loaf tin. Bake 1 hour in a moderate oven. Allow to cool 5 minutes before removing from tin.

## *Fillet of Flounder Princess*

**Serves: 4-5**

750 g (1½ lb) fish fillets (flounder or sole)	2 tablespoons chopped parsley
1 cup chicken stock (see recipe p. 10)	$\frac{1}{2}$ teaspoon salt
60 g (2 oz) butter	pinch pepper
1 cup thin strips of carrot	1 cup sliced fresh mushrooms
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ cup plain yoghurt

Poach fillets in stock 10 minutes. Place on serving dish. Heat butter and add all ingredients to butter. Simmer 5 minutes then stir in plain yoghurt. Add stock to thin to required consistency. Pour over fish and serve.

## *Baked Fish*

**Serves: 4**

Cooking time: 30 minutes

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

60 g (2 oz) butter	freshly ground pepper
250 g (8 oz) onions, sliced	1 clove garlic, crushed
750 g (1½ lb) fish fillets (fresh or frozen)	water to cover
salt	1 cup sour cream

Brown onions in melted butter. Add fish, salt, pepper and garlic. Transfer all ingredients to a casserole dish and bake in a moderate oven 30 minutes. Remove fish carefully and place in a serving platter. Stir sauce carefully and add sour cream, then pour over fish just before serving.

## *Baked Schnapper in Cheese Sauce*

**Serves: 4**

Cooking time: 15–20 minutes

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

1 kg (2 lb) schnapper (or  
bream, whiting, hake—  
fresh or frozen)  
2 tablespoons chopped onion  
2 tablespoons chopped  
parsley

350 ml (¾ pint) white sauce  
(see recipe pp. 104, 105)  
3 tablespoons grated block  
cheddar cheese  
1 tablespoon breadcrumbs  
1 tablespoon butter

### **Garnish**

sprigs of parsley

Butter a casserole dish well and arrange fish in bottom. Sprinkle with onion and parsley. Add 1 tablespoon cheese to the white sauce and pour over the fish. Sprinkle with the remaining cheese and the breadcrumbs. Dot with butter and bake in a moderate oven 15–20 minutes. Sprinkle with parsley.

## *Baked Stuffed Fish*

**Serves: 4**

**Cooking time: 30 minutes**

**Oven temperature: 190–220°C  
(375–425°F)**

mushroom or parsley stuffing  
(see recipes pp. 112, 113)

30 g (1 oz) butter  
salt

4 cutlets or thick pieces of  
fillet of white fish

pepper

Make the stuffing and spread on fish fillets or cutlets. Place in a greased dish or on a large greased piece of foil. Season and top with butter. Cover and bake 30 minutes in a moderately hot oven.

# Substantial Snacks and Easy Children's Meals

## *Scrambled Egg Supreme*

**Serves: 4-6**

30 g (1 oz) butter	30 g (1 oz) block cheddar
4 slices bacon, chopped	cheese, diced
4 small onions, finely chopped	6 eggs
125 g (4 oz) mushrooms, chopped	salt
	pepper

Melt butter. Add bacon and fry gently until just beginning to crisp. Add onion, mushrooms and cook 5-10 minutes. Add cheese and just as it begins to melt, add eggs, salt and pepper. Mix well and scramble until eggs are just cooked.

## *Mushroom Scramble*

**Serves: 4**

60 g (2 oz) button mushrooms	salt
30 g (1 oz) butter	pepper

2 tablespoons milk  
4 eggs

triangles of toast

Leave 4 mushrooms whole. Chop the rest. Melt half the butter and fry the whole and chopped mushrooms. Melt remaining butter and add the milk in another pan. Beat eggs lightly. Season well. Pour into butter and milk and cook over a gentle heat, stirring constantly. Add chopped mushrooms when eggs start to set and continue stirring. Place in a shallow dish and garnish with whole mushrooms and triangles of toast.

### **Variations**

*Fish Scramble:* Heat 60 g (2 oz) flaked white fish with beaten eggs.

*Chicken Scramble:* Dice 60 g (2 oz) cooked chicken. Heat with butter and milk and continue by adding beaten eggs, seasoning etc.

*Cheese Scramble:* 60 g (2 oz) grated block cheddar cheese. Add to egg mixture as it starts to thicken.

## *Scrambled Eggs and Broccoli*

**Serves: 2-3**

4 eggs

¼ cup milk

¼ teaspoon salt

1 pinch pepper

½ cup cooked and chopped  
broccoli (fresh or frozen)

¼ cup cottage cheese

2 teaspoons butter

Beat eggs and milk and add seasonings. Mix in the broccoli and cheese. Melt butter and cook mixture, stirring occasionally until the eggs are firm but still moist.

## *Basic Omelette*

**Serves: 1 or 2**

2 eggs

salt

pepper

2 tablespoons water

15 g (½ oz) butter

**Garnish**  
parsley

Beat eggs thoroughly. Add salt, pepper and just before cooking add water. Heat butter in a frying pan and pour in egg mixture. Quickly tilt pan to spread mixture all around. Cook quickly 1–2 minutes. (Do not overcook. The omelette should be creamy and moist in centre.) Using egg slice, fold in half and garnish with parsley.

**Variations**

*Cheese:* add 2–3 tablespoons grated block cheddar cheese either with eggs or sprinkled on top before folding.

*Parsley:* add 1 tablespoon chopped fresh parsley to egg.

*Onion:* add 1 small onion, finely sliced and sautéed in the butter before adding egg.

*Mushroom:* add 2–3 medium mushrooms, sliced, to butter and cook a few minutes before adding egg.

*Chicken:* add 2–3 tablespoons chopped cooked chicken to top of omelette before folding.

*Asparagus:* add 2 stalks freshly cooked asparagus (see recipe p. 89), chopped, to the butter before adding the egg mixture.

*Potato:* sauté boiled and sliced potato in the butter until brown before adding egg.

*Cottage Cheese:* add 3 tablespoons cottage cheese to top of omelette before folding.

*Peas and Onion:* add ½ cup cooked peas and ½ cup chopped onion to butter before adding egg.

## *Baked Egg*

**Serves: 4**

Cooking time: 15 minutes  
(approximately)

Oven temperature: 160–180°C  
(325–350°F)

4 teaspoons milk  
4 eggs  
salt  
pepper

30 g (1 oz) butter  
1 cup grated block  
cheddar cheese

Place milk into a wide ovenproof dish. Break eggs into the milk, season, dot each egg with butter and sprinkle grated cheese over all. Cook gently in a moderately slow oven until eggs are set.

## *Cheese and Spinach Pasties*

**Makes: 8**

Cooking time: 20 minutes

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

1 kg (2 lb) spinach  
salt  
pepper  
60 g (2 oz) cottage cheese,  
sieved  
60 g (2 oz) block cheddar  
cheese, grated

4 spring onions, chopped  
2 tablespoons parsley,  
chopped  
1 quantity of shortcrust  
pastry (see recipe p. 142)

Cook the spinach in a small amount of water. Drain and chop. Season with salt and pepper. Mix the cheeses into the spinach while still hot. When cheese has melted stir in the spring onions and parsley. Roll out the pastry and divide into 8 squares. Fill the centre of each with spinach mixture and fold to form triangles. Bake in a moderate oven 20 minutes or until cooked.

## *Chicken Crescents*

**Makes: approximately 12**

Cooking time: 8–10 minutes

Oven temperature: 200–230°C  
(400–450°F)

3 cups cooked chicken  
pieces

1 tablespoon finely chopped  
parsley



60 g (2 oz) soft butter  
1 large hard boiled egg  
salt  
pepper

125 g (4 oz) cooked sliced  
mushrooms  
250 g (8 oz) puff pastry  
(see recipe p. 143)  
1 egg for glazing

Chop chicken very finely and mash with soft butter. Mash egg and add with salt, pepper, parsley and mushrooms. Roll puff pastry out thinly and cut out small circles (10 cm or 4" diameter). Place a little filling (about 2 teaspoons) on one side of each circle only. Fold over and press edges together. Glaze top and edges with beaten egg. Chill (will keep like this 24 hours). Prick top and cook on a buttered tray in a hot oven for 8-10 minutes.

## *Cornish Pasties\**

**Serves: 16**

**Cooking time: 50 minutes**

**Oven temperature: 190-220°C  
(375-425°F) reduce to  
180-200°C (350-400°F)**

500 g (1 lb) lean beef,  
minced  
1 large potato, finely  
chopped  
1 carrot, finely chopped  
1 turnip, finely chopped  
1 parsnip, finely chopped  
1 onion, finely chopped

3 sprigs parsley, chopped  
3 tablespoons peas  
salt  
pepper  
500 g (1 lb) shortcrust  
pastry (see recipe p. 142)  
milk for glazing

Mix all meat and vegetables, salt and pepper together.

Roll pastry and cut into circles (using an upturned saucer). (Should be about 16.) Place meat and vegetable mixture on half of each circle. Dampen edges of pastry and fold over. Press edges with a fork and prick tops several times. Brush with milk.

Bake on a greased oven tray in a moderately hot oven for 25 minutes, then turn down to moderate and bake for another 25 minutes or until cooked and brown.

## *Sausage Rolls with Potato Pastry*

**Makes: 8**

**Cooking time:** 30 minutes

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

250 g (8 oz) potatoes

30 g (1 oz) butter

¾ cup plain flour

salt

½ teaspoon salt

pepper

250 g (8 oz) sausage mixture

extra milk

(see recipe p. 77)

Peel, chop potatoes and cook in boiling water until tender. Drain, mash and cool. Sift flour and salt and rub in butter until mixture resembles breadcrumbs. Add potato and mix to give a firm dough. Turn onto a floured surface, knead until smooth. Roll to rectangular shape 13 cm × 40 cm (5" × 16").

Season sausage mince with salt and pepper. Shape with hands into a roll 40 cm (16") long. Place on pastry strip. Glaze edges of pastry with water, roll over mince. Make diagonal slits in pastry at 1 cm (½") intervals, cut into 8 sausage rolls. Place on oven tray, glaze with extra milk. Bake in hot oven 10 minutes, reduce heat to moderate and bake further 20 minutes or until golden brown.

**SERVING SUGGESTION:** Serve with sweet and sour sauce (see recipe p. 108) or onion sauce (see recipe p. 106).

# Quiche\*

**Serves: 6**

Cooking time: 30 minutes

Oven temperature: 190–220°C  
(375–425°F) reduce to  
180–200°C (350–400°F)

## Pastry

125 g (4 oz) plain flour  
60 g (2 oz) butter  
salt

1½ tablespoons  
(approx.) water

## Filling

125 g (4 oz) white onions,  
finely sliced  
15 g (½ oz) butter  
2 eggs  
salt

pepper:  
¾ cup cream  
60 g (2 oz) block cheddar  
cheese, grated

Rub butter into flour and salt until of breadcrumb consistency. Add enough water to make a firm dough. Roll out and line a pie plate.

Cook onions slowly in butter 5 minutes. Allow to cool. Beat eggs, salt, pepper. Add cream and cheese and one of the following variations. Pour into the uncooked pastry case and bake in a moderately hot oven 10 minutes then in a moderate oven for 20 minutes.

## Variations

*Lorraine:* 60 g (2 oz) bacon softened in butter or 60 g (2 oz) chopped ham

*Leek:* 1 leek cut into thin rings and cooked in butter

*Spinach:* 155 g (5 oz) chopped spinach and ¼ teaspoon cinnamon

*Asparagus:* 300 g (10 oz) asparagus, chopped and drained

*Crab:* 1 can crab meat, flaked, ¼ teaspoon pepper, 1 tablespoon finely chopped parsley

## *Egg and Cheese Pie*

**Serves: 4**

300 ml (½ pint) cheesy white sauce (see recipe p. 105)	6-8 hard boiled eggs
500 g (1 lb) potatoes, cooked and mashed	1 cup grated block cheddar cheese

Halve eggs and place in an ovenproof dish. Cover with cheese sauce. Pipe a border of mashed potato and cover with cheese. Brown under a griller.

## *Asparagus Tart*

**Serves: 6-8**

Cooking time: 20-25 minutes	Oven temperature: 180-200°C (350-400°F)
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1 cooked 23 cm (9") short crust pastry case (see recipe p. 142)	½ cup chopped bacon
60 g (2 oz) butter	500 g (1 lb) asparagus, cooked and drained well
1 large white onion, finely diced	2 eggs
125 g (4 oz) mushrooms, diced roughly	¾ cup cream or evaporated milk
	salt
	pepper

Melt the butter and cook onion until soft. Add mushrooms and bacon and cook for a moment. Remove from heat and place onions, mushrooms and bacon in the pastry case. Arrange asparagus on top. Mix eggs, cream, salt and pepper and pour over the top. Bake in a moderate oven until set (20-25 minutes). Serve hot or cold.

## *Asparagus and Cheese Pie\**

**Serves: 6**

**Cooking time: 30 minutes**

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

250 g (8 oz) shortcrust  
pastry (see recipe p. 142)  
2 eggs  
1 cup evaporated milk  
salt

pepper  
500 g (1 lb) asparagus,  
cooked and drained well  
1 cup grated block  
cheddar cheese

### **Garnish**

parsley

Line a 20 cm (8") pie dish with pastry, brush with egg white and set aside. Beat eggs, evaporated milk and seasonings together. Add cheese. Arrange asparagus in pastry shell then pour over the custard mixture. Bake in a moderate oven for 30 minutes or until set. Garnish with parsley and serve.

## *Onion, Bacon and Potato Hotpot*

**Serves: 4**

**Cooking time: 1½ hours**

**Oven temperature: 180–200°C  
(350–400°F) reduce to 150°C  
(300°F)**

4 onions, peeled and sliced  
4 large potatoes, peeled  
and sliced  
250 g (8 oz) bacon, sliced  
into strips

600 ml (1 pint) milk  
60 g (2 oz) flour  
60 g (2 oz) butter  
salt  
pepper

Grease casserole dish and fill with layers of potato, onion and bacon ending with potato. Make a white sauce by melting the butter, stirring in the flour, then gradually adding the milk. Stir until smooth and thick and season with salt and pepper. Pour the sauce over the potato, onion and bacon. Cover and bake in a hot oven for 1 hour. Uncover and bake in a slow oven for ½ hour.

## *Country Vegetable Pie*

**Serves: 4**

**Cooking time: 20–30 minutes**

**Oven temperature: 190–220°C  
(375–425°F)**

125 g (4 oz) sliced  
mushrooms

60 g (2 oz) butter

500 g (1 lb) boiled potatoes

125 g (4 oz) cooked peas

4 hard boiled eggs

salt

pepper

150 ml (¼ pint) milk

125 g (4 oz) grated block  
cheddar cheese

Cook the mushrooms in butter. Slice the potatoes ¼ inch thick. Grease a pie dish and place the potatoes, peas, mushrooms and eggs in layers. Add salt and pepper to taste. Add the milk, cover with grated cheese and bake in a moderately hot oven for 20–30 minutes. Serve piping hot.

## *Barbecue Beefburgers\**

**Makes: 25**

1.5 kg (3 lb) topside steak,  
minced

2 rashers bacon, finely  
chopped

3 slices wholemeal bread,  
crusts removed, crumbed

salt

pepper

1 small onion, finely  
chopped  
2 eggs

flour  
4 tablespoons oil for frying

Combine minced steak, bacon, onion, breadcrumbs, eggs, salt, pepper. Divide into 25 equal portions, roll each into a ball, flatten lightly. Cover each patty well with flour. Heat oil and cook on both sides until brown, continue cooking gently until cooked through.

## *Hamburgers\**

Serves: 4-6

500 g (1 lb) topside,  
minced  
1 onion, diced  
1 cup dry rolled oats

½ cup evaporated milk  
salt  
pepper to taste  
2 tablespoons oil

Mix minced topside, rolled oats, evaporated milk, chopped onion, salt, pepper together. Shape into patties and fry in frying pan at 180°C (350°F) for 10 minutes each side. Drain and serve on hot toast or bread roll.

## *Peanut Butter Burgers\**

Serves: 4 or 5

500 g (1 lb) topside, minced  
1 medium onion, grated  
salt

pepper  
¼ cup peanut butter

Mix all ingredients together. Divide into 4 or 5 portions and form into flat cakes. Gently fry until brown, turn until cooked.

Serve on bread rolls with the following suggested fillings

- cheddar cheese
- shredded lettuce
- sliced homecooked beetroot
- sliced radishes
- grated carrot

## *Baked Loaf Sandwich*

**Serves: 6**

Cooking time: 25 minutes

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

- |                                  |  |
|----------------------------------|--|
| 1 loaf French bread              | 125 g (4 oz) block cheddar<br>cheese, grated |
| 60 g (2 oz) melted butter        | 125 g (4 oz) mushrooms,<br>chopped           |
| 1 or 2 cloves garlic,<br>crushed |  |
| 1 onion, chopped                 |  |

Halve the bread lengthwise and hollow the loaf slightly. Add the crushed garlic to the melted butter. Pour the garlic butter over the bread and cover with a layer of onion. Cover the onions with the grated cheese and then the mushrooms. Replace the top half of the loaf and wrap in foil. Bake in a moderate oven for 25 minutes until crisp on the outside and rich, succulent and aromatic on the inside.

## *Russian Tuna Pancakes*

**Serves: 8**

- |   |                            |
|---|----------------------------|
| 1 quantity of pancake batter<br>(see recipe p. 136) | ½ cup sour cream<br>butter |
| 1 × 212 g (7½ oz) can tuna                          | sour cream for garnish     |
| ¼ cup chopped shallots                              |                            |



Make 8 plain pancakes.

Combine tuna, shallots, sour cream. Place in equal quantities on each pancake. Fold like an envelope, making an oblong packet and sealing the edges with a little of the pancake batter. Brown in hot butter in pan. Serve with cold, sour cream.

## *Veal Pancakes*

**Serves: 4**

Cooking time: 20 minutes

Oven temperature: 190–220°C  
(375–425°F)

pancake batter (see  
recipe p. 136)

4 very small, thin slices  
of veal steak

4 shallots, chopped finely

125 g (4 oz) mushrooms,  
sliced thinly

butter

4 tablespoons grated block  
cheddar cheese

Make 4 pancakes about 20 cm (8") in diameter.

Sauté veal pieces in butter both sides. Remove and keep warm. In the same butter, sauté mushrooms and shallots until tender.

Place some of the mushrooms on top of each pancake. Put fillet of veal on top and place more mushrooms over veal. Fold each pancake to envelop the veal, and place in a buttered heatproof dish. Put small pieces of butter on top of the pancakes and top with grated cheese. Bake in a moderately hot oven until cheese melts and becomes golden.

## *Cheese and Bacon Rolls*

**Serves: 4-6**

**Cooking time: 10 minutes**

**Oven temperature: 200-230°C  
(400-450°F)**

2 rashers bacon, chopped

45 g (1½ oz) butter

250 g (8 oz) plain flour

250 g (8 oz) grated block  
cheddar cheese

1 teaspoon salt

150 ml (¼ pint) milk

¼ teaspoon pepper

4 teaspoons baking powder

1 egg, beaten

Gently fry bacon until cooked. Sieve flour, salt, pepper and baking powder into a mixing bowl. Rub in butter with fingertips until mixture resembles fine breadcrumbs. Stir in bacon, half grated cheese and milk. Form sausage shaped rolls about 8 × 2 cm (3" × ¾"). Coat in beaten egg then with remaining cheese. Place rolls on greased baking tray and bake in a hot oven for 10 minutes until well risen and golden. Serve warm or cold.

## *Chunky Vegetable Scramble*

**Serves: 2**

30 g (1 oz) butter

½ cup evaporated milk,

2 carrots, finely diced

½ cup water

2 sticks celery,

or 1 cup milk

finely diced

⅓ cup grated block

15 g (½ oz) butter

cheddar cheese

2 eggs

Melt butter. Sauté vegetables until tender. Drain. Melt remaining butter. Beat in eggs until nearly cooked. Add vegetables. Gradually blend in milk or evaporated milk and water, and grated cheese. Cook for a further few minutes.

## *Cheese and Bacon Custards*

**Serves: 4**

Cooking time: 30–35 minutes      Oven temperature: 180–200°C  
(350–400°F)

2 rashers bacon, cooked and crumbled	125 g (4 oz) block cheddar cheese, grated
$\frac{3}{4}$ cup milk	2 eggs, beaten

Combine bacon and cheese. Stir milk gradually into eggs. Pour milk and egg mixture over bacon and cheese mixture. Mix well. Pour into 4 buttered ramekin dishes. Place in pan of water and bake in a moderate oven 30–35 minutes or until a knife inserted in the middle comes out clean.

*Note: These custards may also be gently steamed on top of the stove by placing them in a pan of hot water and covering well.*

## *Junior Meat Balls*

**Serves: 3**

250 g (8 oz) topside steak, minced	flour
2 cups mashed potato	salt
$\frac{1}{4}$ cup evaporated milk	pepper
$\frac{1}{2}$ cup fresh breadcrumbs	butter

Combine all ingredients other than flour and butter. Season flour with salt and pepper. Form into small balls and roll in flour. Fry in butter until cooked.

## *Bird's Eggs*

**Serves: 2**

2 cups cooked mashed mixed vegetables	2 tablespoons grated block cheddar cheese
2 eggs	

Arrange the mashed vegetables in 2 small dishes with a hollow in the centre. Poach the eggs and when cooked place inside the 'bird's nest'. Sprinkle with grated cheese.

## *Chicken Ramekins*

**Serves: 2**

Cooking time: 15–25 minutes	Oven temperature: 180–200°C (350–400°F)
-----------------------------	--

1 cup fine fresh breadcrumbs	1 teaspoon chopped
½ cup finely chopped cooked chicken	parsley
salt	2 eggs
	2 cups milk

Place breadcrumbs, chicken, salt, parsley in two greased ramekins. Beat eggs and milk, pour over ingredients in ramekins. Bake until just set in a moderate oven.

# Pizzas, Pasta and Rice

## *Basic Pizza\**

**Makes: 2 large pizzas**

Cooking time: 20 minutes

Oven temperature: 200–230°C  
(400–450°F)

250 ml (1 cup) luke-warm  
water

30 g (1 oz) compressed yeast  
3 tablespoons olive oil

750 ml (3 cups) plain flour

1½ teaspoons salt

pepper to taste

500 mls (2 cups) pizza sauce  
(see recipes pp. 41, 107)

250 ml (1 cup) grated block  
cheddar cheese

extra olive oil

garnishes of choice

Pour water into a large warm bowl. Crumble yeast into water and stir until smooth. Stir in olive oil then sift flour, salt and pepper over yeast mixture. Blend thoroughly with a spoon. Turn onto a lightly floured surface and knead gently until dough is smooth and elastic. Place in a large greased bowl, and turn dough to grease surface all over then cover with a tea towel. Leave in a warm place until double in bulk (about 2 hours). Knead dough on a lightly floured board 4 or 5 times. Divide in half. Roll each portion out to a circle 30 cm (12") diameter and 5 mm (¼") thick. Press out to edge of greased pizza pans (do not cut). Spoon pizza sauce over each pizza and spread (see recipe p. 107). Sprinkle with grated cheese and oil then add garnishes of choice. Bake in a hot oven 20 minutes, or until crust is lightly browned and cheese bubbling.

## Quick Pizza Dough

**Makes: 1 medium pizza**

Cooking time: 10–15 minutes      Oven temperature: 200–230°C  
(400–450°F)

1 cup self-raising flour  
¼ teaspoon salt

1 tablespoon butter or oil  
water or milk

Sift flour and salt together, rub in butter and mix into a scone dough with liquid. Put aside while preparing chosen toppings. Grease a pizza tray. Roll out dough thinly and place over tray, cover with toppings and bake in a hot oven for 10–15 minutes.

*Note: This pizza dough can also be shaped into small individual pizzas.*

## Quick Pizza Sauce

2 cups fresh or tinned  
carrot juice  
1 tablespoon cornflour

¼ cup water  
salt  
pepper

Heat carrot juice gently. Mix cornflour to a smooth paste with water. Stir blended cornflour into carrot juice stirring gently until thickened. Season with salt and pepper. Spread over pizza dough and top with chosen fillings.

## *Suggested Pizza Toppings*

cottage cheese  
chopped hardboiled egg  
carrot, finely chopped or  
grated  
drained crushed pineapple  
ham, finely diced  
bacon, finely chopped  
prawns

mushrooms, sliced thinly  
finely chopped onion  
cooked chicken, finely  
chopped  
cooked corn  
pepper, freshly ground  
tuna, small tin  
cooked green peas

## *Spaghetti Bolognaise*

**Serves: 4-6**

500 g (1 lb) wholemeal  
spaghetti  
1 quantity of bolognaise  
sauce (see recipe p. 107)

1 cup grated block cheddar  
cheese

Cook spaghetti until tender but still firm. Drain and turn into a warm serving bowl. Add half the bolognaise sauce and toss with 2 forks until each strand is evenly coated. Top with remaining sauce and sprinkle with cheese. Serve immediately.

## *Garlic Spaghetti*

**Serves: 4**

6 cloves garlic, chopped  
5 tablespoons oil  
500 g (1 lb) cooked  
wholemeal spaghetti

¼ teaspoon white pepper  
5 teaspoons chopped parsley  
1 cup block cheddar cheese,  
grated

Place garlic in oil in a saucepan and heat slowly. When cooked add the precooked spaghetti, remove from stove and stir. Season with pepper, parsley and cheese.

## *Noodles with Egg and Bacon Sauce*

**Serves: 2**

60 g (2 oz) butter	1 crushed clove garlic
2 rashers diced bacon	½ cup grated block cheddar cheese
250 g (8 oz) cooked wholemeal noodles	½ cup cream
2 large eggs	

Melt the butter and cook bacon until the fat is clear. Add noodles and toss. Beat eggs, garlic, cheese and cream. Pour over the hot noodles and mix over heat only long enough for it to become a thick sauce.

## *Baked Lasagne*

**Serves: 6-8**

Cooking time: 1 hour

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

500 g (1 lb) San Remo lasagne	1 litre (2 pints) béchamel sauce (see recipe p. 104)
2 teaspoons salt	1 cup grated block cheddar cheese
1 quantity of bolognaise sauce (see recipe p. 107)	



Cook lasagne in boiling, salted water about 15 minutes. Turn into colander, rinse with cold water and place pasta on a clean cloth so they are not touching. Put a layer of bolognaise sauce in the base of a large deep ovenproof dish. Top with béchamel sauce, then a layer of pasta. Repeat until dish is full, ending with bolognaise then béchamel sauce. Sprinkle with cheese and bake in a moderate oven for 1 hour.

*Note: Sometimes a beaten egg is added to the last layer of béchamel sauce for a custard-like topping.*

## Spinach Lasagne

**Serves: 8**

Cooking time: 25 minutes

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

500 g (1 lb) topside beef,  
minced

500 g (1 lb) lean pork,  
minced

3 tablespoons olive oil

250 g (8 oz) chopped cooked  
spinach

4 tablespoons block cheddar  
cheese, grated

2 teaspoons chopped parsley

1 teaspoon salt

½ teaspoon black pepper

4 tablespoons cream

1 tablespoon butter

500 g (1 lb) San Remo  
lasagne, cooked as  
directions on packet

Cook beef and pork in olive oil until brown. Add spinach, cheese, parsley, seasonings and cream and heat through for 3 minutes. Butter a casserole dish. Place a layer of lasagne, then meat mixture alternately continuing until casserole is full, with top layer being lasagne. Brush oil over the top of the casserole, sprinkle with extra cheese. Bake in a moderate oven 25 minutes.

## *South Seas Rice*

oil for frying	1 stick celery, finely sliced
6 shallots or spring onions, chopped	1 tablespoon pure soy sauce
3 cups cooked rice	125 g (4 oz) salted peanuts

Heat oil and fry onions and celery for 2 minutes. Add rice, soy sauce and peanuts and toss well.

## *Rice Pie*

**Serves: 6**

**Cooking time: 25 minutes**

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

2 tablespoons butter, softened	2 eggs, beaten
3 cups cooked rice	1 onion, chopped
1 cup chopped peanuts	2 tablespoons chopped parsley
½ cup chopped celery	salt
1 cup cooked chopped chicken, beef, lamb or tuna	pepper
1 cup frozen corn, cooked and drained	1 cup grated block cheddar cheese

### **Garnish**

2 eggs, boiled and sliced

Combine all ingredients except cheese and boiled eggs and press into a well greased 20 cm (8") pie plate. Sprinkle surface with grated cheese. Bake in a moderate oven for 25 minutes. Garnish with egg slices and serve hot or cold in wedges with salad.

## *Risotto with Ham*

**Serves: 4**

2 onions, sliced	250 g (8 oz) cooked kidney or lima beans
60 g (2 oz) butter	(see recipes pp. 90, 91)
250 g (8 oz) ham, chopped	1 tablespoon grated block cheddar cheese
2 potatoes, chopped	½ teaspoon black pepper
2 carrots, chopped	½ teaspoon salt
1200 ml (2 pints) beef stock (see recipe p. 10)	
500 g (1 lb) rice	

Fry the onions in butter until golden. Add chopped ham for a few minutes to heat through. Add potatoes and carrots and cook 5 minutes. Add the beef stock and simmer until liquid is reduced to about  $\frac{1}{4}$  of its depth. Add the rice and beans and the rest of the beef stock and cook 20 minutes or until rice is tender, adding more water if necessary. Add cheese and seasonings and serve immediately.

# Hearty Beef

## *Steak and Oysters*

**Serves: 6**

1 × 225 g (8 oz) can oysters    6 pieces fillet steak  
300 ml (½ pint) thick white  
sauce

Add oysters to white sauce and keep warm. Grill steak to taste and pour sauce over.

## *Corned Beef*

**Serves: 8**

1½–2 kg (3–4 lb) corned beef,    12 peppercorns  
brisket or rolled                    2 stalks celery  
1 large onion, peeled                2 tablespoons brown sugar  
1 tablespoon white malt              1 carrot  
vinegar

Place meat in saucepan with all other ingredients and add cold water to cover. Simmer, covered, until tender for 60 minutes per

kilogram or 30 minutes per pound after it has started to boil. Test with a fine metal skewer. If it comes out easily the meat is cooked. Turn off heat and allow meat to cool in the liquid. Chill before serving in thin slices.

## *Rump Roast*

**Serves: 8**

Cooking time: 1 hour 10  
minutes

Oven temperature: 200–230°C  
(400–450°F) reduce to  
180–200°C (350–400°F)

2 kg (4 lb) piece of rump  
steak

coarse salt

Rub the fat part of the meat with coarse salt. Place in a baking dish and then in a preheated hot oven for 10 minutes. Reduce heat to moderate and continue cooking for 1 hour. This will produce a well done roast on the outer meat and rare in the middle. Serve in thick slices.

## *Fillet of Beef with Sour Cream*

**Serves: 6**

Cooking time: 50 minutes–1¼  
hours

Oven temperature: 200–230°C  
(400–450°F) reduce to  
180–200°C (350–400°F)

1¼–1½ kg (2½–3 lb) fillet  
of beef  
freshly ground black pepper  
60 g (2 oz) butter, melted

1 cup sour cream  
2 tablespoons finely chopped  
parsley  
salt

1 onion, chopped  
125 g (4 oz) sliced mushrooms

freshly ground black pepper

Place meat in baking dish and season with pepper. Pour melted butter over and cook in a hot oven 10 minutes, then reduce heat to moderate and continue cooking until done to taste (see table below). Transfer to a serving dish and keep warm.

Pour off all but 2 tablespoons of fat from the pan, add onion and mushrooms and cook for a few minutes. Gradually stir in sour cream and cook gently until sauce is hot, smooth and thick. Season to taste with salt and pepper. Stir in parsley. Slice meat and spoon sauce over each serving.

#### Cooking Times

Rare	30 minutes per kg (15 minutes per lb)
Medium	40 minutes per kg (20 minutes per lb)
Well done	50 minutes per kg (25 minutes per lb)

## *Sweet and Sour Pot Roast*

**Serves: 8**

2 kg (4 lb) piece round, topside or rolled chuck steak	pepper 4 cups hot beef stock (see recipe p. 10)
4 tablespoons flour	12 dates
2 onions, sliced	4 carrots, sliced
3 tablespoons oil	2 potatoes, sliced
½ teaspoon cinnamon	½ cup white malt vinegar
salt	2 tablespoons golden syrup

Dust meat with flour. Fry onions in hot oil until golden, remove. Add meat and brown on all sides. Add onions, cinnamon, salt and pepper. Pour hot stock over. Cover tightly and simmer 3-4 hours, until meat is tender. Remove meat and keep warm.

Add dates, carrots, potatoes, vinegar and golden syrup. Cook 15 minutes or until vegetables are tender. Serve dates, carrots and potatoes with meat and pour the sweet and sour gravy over.

## *Plain Beef Stew\**

**Serves: 6**

750 g (1½ lb) gravy beef, chuck steak or skirt steak	2 medium size carrots, cut into 1 cm (½") slices
2 tablespoons oil	salt to taste
1 tablespoon sugar	black pepper
2 medium size onions, sliced	1¼ cups beef or other stock (see recipe p. 10)
2 medium size parsnips, cut into 1 cm (½") slices	2 tablespoons chopped parsley
1 tablespoon plain flour	

Trim meat and cut into cubes. Brown in hot oil. Sprinkle with sugar, remove from pan.

Fry onions in same pan gently until just coloured. Add parsnips and carrots and fry another 2 minutes, stirring. Add the flour, salt and pepper, stirring well. Slowly stir in the stock and cook (stirring) for 2–3 minutes. Replace meat, add parsley. Cover and cook gently 1¼–2 hours or until meat is tender. (Gravy beef takes longer than chuck or skirt.)

## *Sailor's Beef\**

**Serves: 6**

**Cooking time: 2 hours**

**Oven temperature: 150°C  
(300°F)**

500 g (1 lb) rump or sirloin steak, trimmed and thinly sliced	750 g (1½ lb) potatoes, peeled and sliced
2 tablespoons butter or oil	2 medium carrots, peeled and sliced
125 g (4 oz) belly pork, cut into strips	salt
2 medium onions, peeled and sliced	pepper
	flour
	300 ml (½ pint) beef stock (see recipe p. 10)

Brown sliced beef, pork and onions in oil or butter. Lightly grease a deep casserole dish and fill with alternate layers of sliced meat and vegetables, seasoning and sprinkling each layer with flour. Pour the stock over. Bake 2 hours in a slow oven.

## *Beef Rolls\**

**Serves: 6**

1 kg (2 lb) bladebone or round steak, sliced thinly flour	1½ cups beef stock (see recipe p. 10)
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### **Filling**

½ cup chopped onion, gently sautéed	1 cup fresh breadcrumbs
½ cup chopped celery, gently sautéed	½ teaspoon salt
	½ teaspoon parsley, chopped pepper

Mix all ingredients for filling together. Flatten beef pieces. Place a portion of filling on each piece, roll up, fasten with toothpicks. Dredge with flour. Brown in hot oil. Simmer in 1½ cups stock until tender.

**Variation:** Replace filling with following ingredients mixed well together.

1 cup cooked spinach, puréed	salt
1 cup cottage cheese	pepper
¼ cup chopped spring onions	cream or milk to moisten
1 tablespoon chopped parsley	



## *Steak and Kidney Pie\**

**Serves: 4-6**

Cooking time method A: 2 hours 20 minutes      Oven temperature: 150°C (300°F) raise to 200-230°C (400-450°F)

1 kg (2 lb) chuck or blade steak	1 teaspoon freshly ground black pepper
1 ox kidney or 2 sheeps kidneys	1 tablespoon chopped parsley
1 tablespoon plain flour	1 cup water
1½ teaspoons salt	1 quantity of double crust pastry (see recipe p. 142)

Remove gristle from meat and cut into cubes. Core kidney and cut into small pieces. Sprinkle with flour, seasonings and parsley then

- A. Spoon into a casserole dish and pour water over. Cover tightly with foil and bake in a slow oven for 2 hours or until meat is tender. OR
- B. Spoon into a saucepan, pour water over and simmer very gently until tender. OR
- C. Spoon into a basin and pour water over. Cover with foil and tie with string. Place into a large saucepan and steam 3½-4 hours, replacing water in saucepan as it evaporates. OR
- D. Spoon into a pressure cooker, pour water over and cook for 1 hour.

Line the edges of a pie dish with pastry and pour mixture in. Cover with crust and cook 20 minutes in a hot oven.

## *Shepherds' Pie\**

**Serves: 6**

Cooking time: 30 minutes      Oven temperature: 180-200°C (350-400°F)

750 g (1½ lb) topside beef or mutton, minced	pepper
2 onions, chopped	2 tablespoons plain flour
1 tablespoon oil	water
300 ml (½ pint) beef stock	3 tablespoons parsley
(see recipe p. 10)	1 kg (2 lb) potatoes
2 teaspoons pure soy sauce	1 tablespoon butter
salt	milk
	1 egg, beaten

Fry meat and onion in oil. Add stock, soy sauce, seasonings. Simmer 40 minutes. Mix flour and water together and stir into meat. Add parsley. Pour meat mixture into an ovenproof dish.

Peel and cut potatoes. Cook until tender with salt. Drain. Mash potatoes with butter, milk and about half the beaten egg and spread over meat mixture. Glaze potato with remainder of beaten egg. Bake in moderate oven until potato is browned.

## *Meat Loaf\**

**Serves:** 4-5

**Cooking time:** 1 hour

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

750 g (1½ lb) topside beef, minced	1 carrot, grated
2 rashers of bacon, chopped finely	1 teaspoon yeast extract
1 cup breadcrumbs	½ teaspoon salt
1 onion, chopped	½ teaspoon pepper
	1 egg, lightly beaten
	2 tablespoons chopped parsley

Mix all ingredients together well. Place in a greased loaf tin and bake in a moderate oven for 1 hour. Serve hot or cold.

**Variation:** Omit breadcrumbs and substitute 1½ cups cooked mashed potato or wheatgerm.

Add ¼ cup chopped peanuts.

# Steak Roll

**Serves: 4-6**

**Cooking time: 35-40 minutes**

**Oven temperature: 200-230°C  
(400-450°F) reduce to  
180-200°C (350-400°F)**

## Pastry

1½ cups plain flour  
½ cup self-raising flour  
pinch salt

125 g (4 oz) butter  
2 tablespoons  
(approximately) water

## Filling

1 onion, chopped  
500 g (1 lb) topside,  
minced  
1 tablespoon oil  
1 potato, grated  
2 tablespoons grated carrot

2 tablespoons chopped  
parsley  
1 teaspoon salt  
¼ teaspoon pepper  
1 tablespoon pure soy sauce

## Garnish

1 quantity sweet and sour sauce (see recipe p. 108)

Sift dry ingredients into basin. Rub in butter until mixture resembles fine breadcrumbs. Add enough water to combine ingredients to give a firm dough. Refrigerate 15 minutes.

Place onion and topside mince in a frying pan with oil. Cook, stirring constantly, until well browned. Pour off surplus fat. Add remaining ingredients. Allow to become cold.

Roll pastry into rectangular shape on floured board. Spread evenly with cold meat filling leaving 2 cm (or ½") border. Moisten edges with water and roll up. Place roll on oven tray with join underneath. Glaze with a little milk. Bake in a hot oven 15 minutes. Reduce heat to moderate and bake 20-25 minutes or until golden brown. Serve hot with a sweet and sour sauce (or sauce of your choice).

## Swedish Meatballs

Serves: 4

1 tablespoon butter	2-3 tablespoons butter
3 tablespoons onion, finely chopped	† 250 g (8 oz) beef
	† 250 g (8 oz) veal
½ cup breadcrumbs	† 125 g (4 oz) pork
1½ cups milk	OR
1 egg	† 250 g (8 oz) beef
1½ teaspoons salt	† 250 g (8 oz) pork
¼ teaspoon white pepper	
	† minced together

### Gravy

pan juices with extra water	salt
1 tablespoon flour	white pepper
1 cup cream or milk	

Melt butter and sauté onion until golden brown. Soak breadcrumbs in milk. Add meat, egg, onion, salt and pepper and mix thoroughly until smooth. Shape into small balls (dip hands in cold water for best results). Fry in butter until brown, shaking pan continuously. Remove meatballs to a deep serving dish.

Mix flour and cream and add to pan juices. Add enough water to make sufficient sauce. Simmer 10 minutes, season and pour over the meatballs.

## Beef Stroganoff

Serves: 4-6

1 tablespoon butter	250 g (8 oz) mushrooms, sliced
1 onion, chopped	
1 kg (2 lb) rump or fillet steak, cut into very thin strips	½ cup sour cream
	1 teaspoon salt
	pepper

Melt butter and fry chopped onion and meat. Cook until almost done. Add sliced mushrooms, fry until meat is tender. Pour in sour cream, season to taste, and heat through gently.

## *Moussaka*

**Serves: 4-5**

**Cooking time:** 1 hour 45 minutes

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

250 g (8 oz) onions, peeled and sliced  
750 g (1½ lb) potatoes, sliced  
2 large aubergines (egg plants), sliced, sprinkled with salt and left to stand 30 minutes

90 g (3 oz) butter  
500 g (1 lb) topside beef, minced  
600 ml (1 pint) white sauce (see recipe p. 104)  
250 g (8 oz) grated block cheddar cheese

Heat butter and gently fry onion until transparent, then remove. Fry potatoes gently and remove. Rinse aubergines in water and dry, fry gently and remove.

Add half the cheese to the white sauce.

Arrange alternate layers of meat and cooked vegetables in a greased casserole dish, seasoning each layer and using a small quantity of sauce over each layer. Finish with a layer of potato and aubergine. Garnish with extra grated cheese. Cover and bake in a moderate oven 1½ hours. Remove lid and cook a further 15 minutes.

## *Swiss Beef and Rice Bake*

**Serves: 4**

4 rashers bacon, chopped	1 teaspoon salt
¼ cup finely chopped onion	¼ teaspoon pepper
1 tablespoon chopped parsley	1 cup long grain rice
500 g (1 lb) stewing beef cut into thin strips	1 tablespoon yeast extract
3 cups water	60 g (2 oz) block cheddar cheese, shredded

Fry the bacon and onion until translucent. Add the parsley and beef and continue frying until meat browns. Add 1 cup water, salt and pepper and simmer 20 minutes. When the meat is cooked add rice and the remaining 2 cups water. Simmer 15–20 minutes until rice absorbs the liquid. Stir in the yeast extract and turn into a greased casserole dish.

Sprinkle with grated cheese and place under a griller. Allow cheese to melt and brown and serve immediately.

## *Swedish Cabbage Rolls*

**Serves: 6–8**

**Cooking time:** 1 hour 25  
minutes

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

1 medium sized head of cabbage

### **Filling**

¼ cup rice	2 tablespoons butter
1 cup water	1 tablespoon brown sugar
1 cup milk	2 cups stock or water (see recipe p. 10)
1 egg	
½ cup milk or cream	† 185 g (6 oz) beef
1½ teaspoons salt	† 125 g (4 oz) pork
¼ teaspoon white pepper	

†minced together

## Gravy

pan juices  
1½ tablespoons flour  
½ cup cream

salt  
white pepper

Discard wilted leaves of cabbage and cut out core of cabbage head. Place cabbage in boiling salted water (2 teaspoons to every litre) and cook until leaves separate easily. Drain.

Rinse and scald rice with hot water. Bring 1 cup water to boiling point, add rice and simmer until water disappears. Add milk and cook slowly until rice is tender, 30 minutes, stirring occasionally.

Mix rice, minced meats, egg, milk and seasonings. Place 2 tablespoons of mixture on each leaf until mixture is finished. Fold leaves and fasten with string or toothpicks.

Heat butter in a heavy frying pan and brown the cabbage rolls on all sides. Transfer to a casserole dish and sprinkle with brown sugar. Rinse frying pan out with a little boiling water and pour over rolls. Add more stock or water and bake in a moderate oven 1¼ hours, basting occasionally. Remove toothpicks after arranging on a deep serving dish. Keep warm.

Mix flour and cream and add to pan juice while stirring. Simmer 10 minutes, season and pour over rolls.

## *Dutch Ragout\**

Serves: 4

Cooking time: 1½-2 hours

Oven temperature: 150°C  
(300°F)

500 g (1 lb) round steak,  
cubed  
2 sheeps kidneys  
3 rashers bacon  
½ cup chopped celery  
1 onion, chopped  
1 grated carrot

1 tablespoon white malt  
vinegar  
1½ cups water  
1 tablespoon flour  
salt  
pepper

Place all meats and vegetables in casserole. Sprinkle with flour and pour over the water and vinegar. Season with salt, pepper and bake 1½–2 hours in a slow oven.

## *Korean Beef Barbecue\**

**Serves: 8**

1 kg (2 lb) sirloin or oyster blade steak	1 tablespoon finely chopped shallots
½ cup vegetable oil	1 clove garlic, crushed
1 tablespoon sugar	¼ teaspoon salt
1 teaspoon pure soy sauce	sprinkling of pepper

Cut beef into thin slices and put into a bowl. Combine remaining ingredients in bowl and place meat in. Allow to marinate overnight in the refrigerator. Drain and grill on the barbeque, basting with the marinade during grilling.

## *Sukiyaki*

**Serves: 4**

½ cup carrot straws	pepper
½ cup parsnip straws	1 tablespoon oil
1 stick celery	250 g (8 oz) mushrooms, sliced
½ cup sliced French beans	1½ cups beef stock (see recipe p. 10)
½ cup chopped shallots	1 tablespoon cornflour
3 spinach leaves, shredded	2 tablespoons pure soy sauce
500 g (1 lb) rump steak, cut into thin long strips	salt

Heat oil in frying pan and fry meat until brown. Add carrots, parsnips, celery, beans, shallots. Cook at a lower heat 5 minutes,



stirring gently. Add spinach, mushrooms and 1 cup stock. Simmer until vegetables are cooked. Blend cornflour with ½ cup stock and soy sauce. Stir into meat and cook a few minutes. Serve on fluffy boiled rice.

## *Sukiyaki Supper*

**Serves: 5-6**

500 g (1 lb) topside beef, minced	125 g (4 oz) mushrooms, finely sliced
½ cup dry breadcrumbs	1 tablespoon flour
½ cup chopped onion	2 cups water
1 teaspoon salt	250 g (8 oz) green beans, sliced
½ teaspoon pepper	½ bunch spinach, finely shredded
¾ cup evaporated milk	1 tablespoon pure soy sauce
1 egg	
2 tablespoons oil	
1½ cups thinly sliced onions	

Mix meat, breadcrumbs, onions, salt and pepper, milk and egg. Shape into balls. Heat oil, brown meatballs on all sides. Remove meatballs.

In remaining oil fry onions and finely sliced mushrooms. Add flour and stir until smooth. Slowly add water (keep adding as needed). Add meatballs, simmer covered 10 minutes. Add beans, simmer covered 5 minutes. Add spinach and soy sauce, simmer covered 5 minutes. Serve on bed of fluffy cooked rice.

**Variations:** Instead of spinach use 1 teaspoon yeast extract.

*Note: If meatballs are too moist to roll sprinkle with semolina until of good rolling consistency.*

# Tender Lamb

## *Irish Stew*

**Serves: 5 or 6**

1 kg (2 lb) lamb neck chops      salt  
1 kg (2 lb) medium potatoes      pepper  
3 large onions

### **Garnish**

chopped parsley

Cut excess fat from chops. Peel potatoes and cut into thick slices. Peel and slice onions. Arrange a layer of sliced potatoes over base of saucepan, add a layer of onion slices, sprinkle with salt and pepper. Add meat, season then add the rest of the onions. Cut rest of potatoes into halves, arrange on top. Add enough cold water just to cover. Cover saucepan with foil and then a tight fitting lid. Cook very gently for 2 hours or until meat is tender. Serve sprinkled generously with chopped parsley.

## *Hotch Potch\**

**Serves: 5**

Cooking time: 2 hours

Oven temperature: 150°C  
(300°F)

1.25 kg (2½ lb) lamb neck chops	3 small turnips, cubed
2 large onions, chopped	1½ cups beef stock (see recipe p. 10)
salt	1½ cups frozen peas (without mint)
pepper	2 tablespoons chopped parsley
3 medium sized carrots, cut into wedges	

Trim excess fat from chops. Place in casserole with onions, salt, pepper, carrots, turnips and stock. Cover and cook in a slow oven 1½ hours. Add the peas and parsley and continue cooking 30 minutes.

## *Lamb Hot Pot\**

**Serves:** 6-8

**Cooking time;** 1½-2 hours

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

6 potatoes, peeled and  
sliced

2 sheeps kidneys, skinned,  
cored and sliced

1 kg (2 lb) forequarter  
chops, trimmed

salt  
pepper

125 g (4 oz) fresh mushrooms,  
sliced

1 cup beef or other stock  
(see recipe p. 10)

2 medium onions, sliced

### **Garnish**

Chopped parsley

Place half potato slices in base of a large casserole. Arrange chops over. Cover with mushrooms and kidney. Season. Add onions and remaining sliced potatoes. Pour stock over. Bake in a moderate oven 1½-2 hours. Serve sprinkled with chopped parsley.

## *Fricassée of Lamb*

**Serves: 4-6**

750 g-1 kg (1½-2 lb) middle or scrag end of lamb or mutton cubed	pepper 30 g (1 oz) butter 30 g (1 oz) flour
2 onions, sliced	300 ml (½ pint) milk
600 ml (1 pint) water	1 onion diced (optional)
salt	

Place lamb, two sliced onions, water and seasoning in saucepan. Simmer gently 1½-2 hours.

Melt butter, stir in flour and cook a few minutes. Add milk gradually stirring constantly. Strain off 150 ml (¼ pint) of the stock. Add this to the sauce. Remove meat from remaining stock and add to the sauce.

For extra flavour sauté the extra diced onion in the melted butter before adding the flour.

### **Variations**

*Mushroom Fricassée:* Before making the sauce, fry 125 g (4 oz) of sliced mushrooms in an extra 30 g (1 oz) of butter. Then continue making the sauce as above.

*Creamy Fricassée:* Stir in 2-3 tablespoons cream after making the sauce.

## *Artichokes with Lamb*

**Serves: 4**

Cooking time: 1 hour

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

1 loin of lamb, boned and  
rolled

12 small onions  
600 ml (1 pint) chicken  
stock (see recipe p. 10)

2 tablespoons butter

500 g (1 lb) artichokes  
trimmed

1 teaspoon salt  
½ teaspoon black pepper

Place loin of lamb in frying pan and brown on all sides in the heated butter. Transfer the lamb to the casserole dish, arrange artichokes and onions around the sides, cover with stock and season. Cook in a moderate oven for 1 hour or until lamb is cooked.

## *Lamb Pie*

**Serves: 4-5**

**Cooking time: 20 minutes**

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

2 tablespoons oil  
1 onion, sliced  
1 kg (2 lb) lamb or mutton,  
boned and cubed  
2 tablespoons flour  
2 cups stock (see recipes  
p. 10)  
1 teaspoon yeast extract  
salt  
pepper

1 large carrot, diced  
1 medium turnip, diced  
1 cup peas (fresh or frozen  
without mint)  
2 tablespoons parsley,  
chopped  
125 g (4 oz) short crust  
pastry (see recipe p. 142)  
1 egg, beaten

Heat oil, brown onion and remove. Brown lamb in same pan. Blend in flour, add stock, yeast extract and seasonings. Cover and simmer until tender. Add onions, carrots, turnips, peas and parsley. Simmer 15 minutes. (if necessary thicken further by adding equal parts of flour and water mixed together and simmer 5 minutes). Turn into a greased and deep pie dish. Sprinkle with parsley.

Roll out pastry to fit top of pie dish. Moisten the edges of the pie dish and cover with pastry. Press down the edges, slit the top of the pastry once or twice and brush with beaten egg. Bake in a moderate oven for 20 minutes.

## *Lamb and Pineapple*

Serves: 6

Cooking time: 1 hour

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

6 chump chops  
1 tablespoon flour  
salt  
pepper  
3 rashers bacon, chopped

1 tablespoon butter  
6 slices pineapple  
1 cup pineapple juice (or  
syrup from tin of pineapple)

Trim fat from chops and toss chops in seasoned flour. Fry bacon lightly, remove from pan. Melt butter in pan and brown chops on both sides. Place chops in a greased casserole dish, cover each with a slice of pineapple and bacon. Pour pineapple juice over and bake in a moderate oven for 45 minutes.

## *Indonesian Satay\**

Serves: 6

500 g (1 lb) lamb or pork,  
cubed  
1 tablespoon white malt  
vinegar

1 clove garlic, crushed  
2 tablespoons pure soy sauce  
peanut butter sauce (see  
recipe p. 107)

Combine vinegar, garlic and soy sauce. Marinate cubes of meat 2–4 hours and grill on skewers 15 minutes, turning occasionally. Serve with peanut butter sauce.

# Succulent Pork

## *Stuffed Pork Chops\**

**Serves: 4**

- |   |   |
|---|---|
| 8 lean pork chops, very<br>thinly sliced, flattened<br>into cutlets | salt  |
| 45 g (1½ oz) butter   | pepper                                      |
| 1 onion, chopped  | fresh breadcrumbs                           |
| 2 tablespoons celery, chopped                                       | 2 tablespoons flour                         |
| 2 tablespoons chopped parsley                                       | 1½ cups chicken stock (see<br>recipe p. 10) |

Remove bones and lightly pound the cutlets to make them into thin fillets. Melt half the butter and sauté the onion, celery and parsley. Add seasonings. Remove from heat and add breadcrumbs dampened with a little water. Divide breadcrumb mixture into 8 portions. Place 1 portion on each pork fillet. Roll and secure with a skewer or tie with string. Dredge in flour. Brown in a frying pan using rest of the butter. Add the stock, lower the heat, cover and cook very slowly 1½ hours.

## Sweet-Sour Pork

Serves: 4

1 carrot, peeled and cubed	1 tablespoon honey
1 onion, peeled and cubed	2 teaspoons pure soy sauce
1 stick celery, chopped	2 teaspoons cornflour
4 shallots, cut into sections	750 g (1½ lb) lean pork, cubed
2 slices canned pineapple, cubed	2 tablespoons pure soy sauce
3 tablespoons white malt vinegar	2 teaspoons pineapple juice
¼ cup water	1 egg yolk
⅔ cup syrup from pineapple	cornflour
	oil

Cook carrot, onion and celery in boiling salted water for 5 minutes. Drain. Add shallots and pineapple. Combine vinegar, water, pineapple syrup, honey, 2 teaspoons soy sauce, in a saucepan and heat until boiling. Mix the cornflour with a little water, add to the sauce and stir. Add vegetables to the sauce.

Place pork cubes in a bowl, mix with 2 tablespoons soy sauce, pineapple juice and set aside for 30 minutes.

Beat egg yolk with 1 tablespoon water. Drain pork cubes, dip into egg yolk and lightly coat with cornflour.

Fry pork in deep hot oil until golden separating pieces with a fork. Remove and drain pork. Add any remaining marinade from pork to the sauce, reheat and pour over the pork.



## *Quick Pork Goulash*

**Serves: 4**

**Cooking time: 30 minutes**

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

2 tablespoons oil or pork  
or bacon fat

500 g (1 lb) cooked lean  
pork, cut into cubes

2 onions, peeled and sliced

1 clove garlic, crushed

½ teaspoon salt

450 ml (¾ pint) stock (see  
recipe p. 10)

2 tablespoons chopped  
parsley

½ teaspoon freshly ground  
pepper

3 tablespoons sour cream

Heat oil and brown meat lightly, transfer to a casserole dish. In the same oil cook onion and garlic until transparent and add to meat. Cover meat with stock. Add parsley, seasoning and stir in sour cream. Cover and cook in a moderate oven about 30 minutes. Thicken sauce if required with a little blended cornflour and water.

# Tasty Veal

## *Milanese Veal Cutlets*

Serves: 6

6 veal cutlets	fine dry breadcrumbs for
milk to cover	coating
2 eggs, beaten	salt to season
125 g (4 oz) butter	

Trim cutlets and flatten between 2 sheets of plastic wrap with a meat mallet. With a sharp knife, cut edges of cutlets to prevent curling. Place cutlets in a dish and cover with milk. Leave 1 hour to tenderise. Drain cutlets and dry with paper towels.

Dip into beaten egg. Coat with breadcrumbs, pressing on well. Heat butter and add cutlets when butter begins to change colour. Cook until golden and crisp on one side, turn carefully and cook until crisp. Lower heat and continue cooking 5 minutes. Arrange on serving dish and sprinkle with salt.

## *Fillet of Veal with Mushrooms*

Serves: 4

1 large thin veal fillet (approximately 500 g (1 lb))	60 g (2 oz) butter or oil
250 g (8 oz) sausage mince (see recipe p. 77)	300 ml (½ pint) veal or chicken stock (see recipe p. 10)

2 hard boiled eggs	salt
250 g (8 oz) bacon rashers, rind removed	pepper to taste
pepper	250 g (8 oz) mushrooms

Beat the veal with the flat blade of a chopper about 10 times. Spread out flat and cover with sausage mince. Arrange slices of hard boiled eggs on top of the mince and follow with the rashers of bacon. Sprinkle with pepper. Roll meat into a long sausage and secure firmly with skewers or string.

Melt butter in a large saucepan, add the veal roll and brown quickly on all sides. Add the stock, salt, pepper, cover and simmer over a low heat for 1 hour.

Add the mushrooms and cover. Continue cooking 30 minutes. Before serving remove string or skewers from meat. Place meat on heated platter, spoon mushrooms around and pour over the sauce.

## *Veal Pot Roast*

**Serves: 6-8**

**Cooking time:** 1½ hours

**Oven temperature:** 150°C  
(300°F)

2½ kg (5 lb) leg of veal  
1 tablespoon salt  
½ teaspoon white pepper  
2 tablespoons butter

4 carrots, sliced  
2 onions, sliced  
2 cups chicken stock (see  
recipe p. 10)

### **Gravy**

2 tablespoons butter  
5 tablespoons flour  
2 cups pan juice and stock  
(as above)

1 cup cream  
salt  
white pepper

Trim meat and wipe with a cloth. Rub meat with salt, pepper. Heat butter in baking dish and brown meat on all sides. Transfer to a very large casserole. Add carrots, onions and hot stock. Cook in a slow oven, covered, 1-1½ hours or until tender. Baste occasionally and add more hot stock if needed. When ready place on a hot platter and keep warm. Strain pan juice. Melt butter in a saucepan, add flour and stir until browned. Add stock, pan juice and cream gradually. Simmer 10 minutes, stirring occasionally. Season gravy and serve in a sauceboat beside the dish of meat and vegetables.

## *Stuffed Rolled Shoulder of Veal*

**Serves: 8**

Cooking time: 2 hours  
40 minutes

Oven temperature: 230-250°C  
(400-450°F) reduce to  
160-180°C (325-350°F)

45 g (1½ oz) butter  
250 g (8 oz) onions, peeled  
and sliced  
125 g (4 oz) mushrooms,  
washed and chopped  
1 tablespoon flour

300 ml (½ pint) milk  
salt  
pepper  
2 kg (4 lb) shoulder of veal,  
boned and rolled

Melt butter in a frying pan and lightly brown the onions and mushrooms. Stir in flour, then milk, stirring constantly, and allow to thicken. Season and simmer 5 minutes. Allow sauce to cool and thicken.

Unroll meat and spread the inside with the onion and mushroom mixture. Roll again and tie. Seal the roast in a very hot oven, then reduce the heat and roast gently about 2½ hours until done to taste. Remove and allow to cool then serve cold with a salad.

## *Veal Surprise*

**Serves: 6**

60 g (2 oz) butter	pepper
¼ bunch spring onions, roughly chopped	6 veal steaks
125 g (4 oz) mushrooms, sliced thinly	6 small squares block cheddar cheese
250 g (8 oz) bacon, finely diced	plain flour
1 large egg	1 large egg, beaten with 1 tablespoon water and 1 tablespoon oil
2 tablespoons breadcrumbs, made from stale bread	breadcrumbs
salt	45 g (1½ oz) butter
	2 tablespoons oil

Melt butter and cook onion, mushrooms and bacon a few minutes. Add mushroom mixture to egg and breadcrumbs in a basin. Season with pepper. Place a spoonful of this mixture on one side of each of the pieces of veal. Place cheese on top of mixture. Fold veal over cheese, press down gently and secure with a toothpick. Chill a few minutes until firm. Dip the veal in flour, then egg, then breadcrumbs (will keep 12 hours in this state in refrigerator).

Heat butter and oil and when very hot add the veal. Cook over a fairly high heat until golden brown and cooked through.

## *Padova Veal*

**Serves: 5-6**

500 g (1 lb) mushrooms	½ cup water
750 g (1½ lb) veal steak	¼ cup cream
90 g (3 oz) butter	4 slices drained pineapple
1 tablespoon plain flour	1 tablespoon butter
seasoned flour	

Prepare mushrooms, brown in butter and remove. Cut veal into thin slices, and coat with seasoned flour, then brown in 1 tablespoon butter. Add mushrooms and reduce heat. Slowly add water, then cover and simmer 1 hour.

Thicken juices with the plain flour. Add cream but do not allow sauce to boil. Garnish with pineapple slices which have been sautéed in butter.

## *Potted Veal*

**Serves: 6**

4 slices ham or bacon	1 tablespoon fresh parsley, chopped
1 kg (2 lb) veal steak	½ teaspoon salt
4 tablespoons butter	¼ teaspoon white pepper
1 onion, sliced	stock (see recipe p. 10)
1 carrot, diced	
2 stalks celery, chopped	

Place ham or bacon so each piece of veal has an equal quantity. Roll meats together and tie with string or hold together with a toothpick. Place in a flameproof casserole dish with butter, onion, carrot, celery, parsley, salt, pepper.

Brown the meat on all sides. Add a small amount of stock. Cover, lower heat and simmer for 1½ hours, checking liquid frequently. Serve with liquid poured over.

## *Seasoned Veal Rolls*

**Serves: 6**

### **Filling**

1 tablespoon rice	1 rasher bacon
1 rasher bacon, chopped	60 g (2 oz) butter
salt	1 cup beef stock (see recipe p. 10)
pepper	¼ cup carrot juice (or pineapple juice)
1 tablespoon parsley, chopped	1 tablespoon pure soy sauce
6 thin veal steaks	1 tablespoon flour and a little water
1 small carrot	
1 medium onion	

Cook rice in boiling salted water until tender, then combine with 1 rasher bacon, chopped, salt, pepper and chopped parsley.

Pound veal until very thin. Spread stuffing over slices and roll up, secure with skewers, or tie firmly with string.

Chop carrot, onion and bacon finely. Melt butter and fry veal rolls, carrot, onion and bacon until meat is lightly browned on all sides. Add stock, carrot juice, pure soy sauce and stir well. Reduce heat and simmer 30 minutes.

Blend flour with water and stir into sauce to thicken. Adjust seasonings to taste.

## *Sweet and Sour Veal\**

**Serves: 4-5**

1 kg (2 lb) stewing veal	1 × 450 g (16 oz) tin pineapple cubes, reserve
3 tablespoons butter	¾ cup juice
1 cup sliced celery	4 tablespoons cornflour
1 cup sliced carrots	

2 large chopped onions  
salt  
pepper  
1½ cups chicken or veal  
stock (see recipe p. 10)

1 tablespoon pure soy sauce  
1 tablespoon white malt  
vinegar  
1 tablespoon water  
4 tablespoons sugar

Cut veal into cubes. Heat butter, add veal and cook until meat changes colour. Add the carrots, celery, onions, pepper and salt and stir well. Stir in the stock and pineapple juice, cover and cook until veal is tender (approximately 1 hour). Add pineapple cubes. Blend cornflour with vinegar, water and soy sauce. Add the sugar and stir into the veal and vegetable mixture. Cook over a low heat until the mixture boils.

## *Veal and Bacon Stew\**

**Serves: 4-5**

125 g (4 oz) bacon, chopped  
1 clove garlic, crushed  
1 kg (2 lb) stewing veal,  
diced  
1 tablespoon flour  
salt  
pepper  
cinnamon  
1 large onion, chopped

1 × 425 g (15 oz) can  
pineapple pieces, undrained  
2 cups chicken soup (or  
stock) (see recipe p. 10)  
1 tablespoon pure soy sauce  
1 tablespoon white malt  
vinegar  
1 tablespoon parsley, chopped

Fry bacon with crushed garlic until crisp. Remove bacon. Coat the veal in flour seasoned with salt, pepper and cinnamon. Fry meat in bacon fat. Add onion, celery, undrained pineapple, soup (or stock), soy sauce, vinegar and simmer 1 to 2 hours. Add parsley just before serving.



## *Blanquette of Veal*

**Serves: 6**

1¼ kg (2½ lb) stewing veal, cubed	1 tablespoon butter
1 large onion, chopped	1 egg yolk
1 large carrot, sliced	1 tablespoon white malt vinegar
salt	125 g (4 oz) mushrooms, sliced and lightly sautéed
1 tablespoon flour	

Place veal, onions and carrots into boiling salted water (enough to cover). Bring to boil and simmer for one hour.

Melt butter, stir in flour until smooth, add veal stock gradually. Allow to thicken and add more stock until there is enough sauce for the veal. Strain the remaining stock off the veal and vegetables and replace all meat and vegetables into the sauce. Cook a further 15 minutes, then allow to cool a little. Dilute the egg yolk with vinegar and add to the veal. Add the sliced, sautéed mushrooms and gently reheat. Do not allow to reach boiling point again as the egg will curdle.

# Savoury and Luncheon Meats

## *Beef Sausages\**

**Makes: 1 kg ( 2 lb)**

125 g (4 oz) stale bread	2½ teaspoons salt
1 egg	1 teaspoon pepper
1 kg (2 lb) fatty beef, minced finely	2 tablespoons parsley

Soak bread and squeeze out excess water. Place resulting bread pulp in bowl. Mix meat into bread and egg. Add seasonings and mix very thoroughly again. The mixture is now ready for sausage making in a standard commercial sausage filler or by your friendly neighbourhood butcher.

### **Variations**

*Pork Sausages:* Substitute 750 g (1½ lb) pork and 250 g (8 oz) fatty pork for the beef.

*Lamb and Veal:* Substitute 500 g (1 lb) stewing veal and 500 g (1 lb) fatty lamb for the beef.

## *Liver Sausages*

**Makes: 500 g (1 lb) sausages**

375 g (12 oz) calf's or lamb's liver	1 tablespoon chopped parsley
	1 egg

125 g (4 oz) soft breadcrumbs      flour to coat, seasoned  
seasoning                                      fat or oil for frying

Mince liver twice. Blend all ingredients except oil and flour. Form into sausage shapes. Roll in seasoned flour. Fry steadily in hot oil.

## *Aberdeen Sausage*

**Serves: 4-6**

250 g (8 oz) bacon, rind removed	1 tablespoon chopped parsley
500 g (1 lb) topside beef, minced	freshly ground pepper
1 cup fresh breadcrumbs	1 teaspoon salt
1 tablespoon grated carrot	1 teaspoon pure soy sauce
	1 egg
	dried breadcrumbs

### **Garnish**

sprigs of parsley

Finely chop bacon. Mix minced steak, bacon, fresh breadcrumbs, grated carrot, salt, pepper, parsley. Add soy sauce to beaten egg and blend with other ingredients. Press into roll shape. Flour a pudding cloth (preferably muslin) and roll sausage in cloth tying at both ends. Place in boiling water and cook briskly for 2 hours. Remove from cloth and roll in crumbs. Serve cold garnished with parsley.

## *Sausage and Potato Casserole*

**Serves: 4**

**Cooking time: 45 minutes**

**Oven temperature: 190-220°C  
(375-425°F)**

1 kg (2 lb) homemade  
sausages (see recipe p. 77)

125 g (4 oz) grated block  
cheddar cheese

2 cups chicken stock (or soup) (see recipe p. 10)	1 egg
2½ cups mashed potato	¼ cup breadcrumbs
¼ cup sour cream	butter

Fry or grill sausages and place in a buttered casserole. Heat stock (or soup) and pour over the sausages. Cream the potatoes, beating in the sour cream, cheese and egg. Pile creamed potato over sausages. Sprinkle with breadcrumbs and dot with butter. Bake in a moderately hot oven 45 minutes or until golden brown.

## *Braised Tongue*

**Serves: 4**

Cooking time: 45 minutes	Oven temperature: 180–200°C (350–400°F)
--------------------------	--

1 ox tongue (unsalted) or 8 lamb tongues	2 tablespoons flour
1 stalk celery, diced	1 teaspoon yeast extract
½ carrot, diced	salt
1 small onion, diced	pepper
60 g (2 oz) butter	125 g (4 oz) button mushrooms (optional)

Cook tongue in simmering salted water until tender (2 hours for lamb tongue or 3 hours for ox tongue). Drain and reserve 2 cups liquid. Remove skin and bone from tongues. Cut tongues in half lengthwise and place in a casserole dish. Cover with diced vegetables.

Melt butter in saucepan, add flour and cook until browned. Gradually stir in the reserved liquid. Cook, stirring constantly until sauce boils, then add yeast extract. Season with salt, pepper and pour sauce over the meat and vegetables. Cover and cook in a moderate oven 45 minutes or until vegetables are tender. If liked add mushrooms just 5 or 10 minutes before serving.

## *Lamb's Fry and Bacon\**

**Serves: 4-6**

1 lamb's fry	2 cups beef stock or water
30 g (1 oz) butter	(see recipe p. 10)
1 onion, sliced	pepper to taste
30 g (1 oz) bacon, chopped	2 tablespoons chopped
3 tablespoons flour	parsley
salt	

Wash lamb's fry, skin and slice. Brown in butter quickly and remove. Fry onion slices and bacon a few minutes. Stir in flour and cook for 1 minute. Gradually add stock or water and heat until mixture thickens. Add lamb's fry, seasonings and parsley. Simmer slowly, covered, 15-20 minutes.

## *Veal and Ham Pie\**

**Serves: 6**

Cooking time: 30 minutes

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

### **Pastry**

3 cups plain flour  
½ teaspoon salt

113 g (4 oz) lard  
1 cup milk

### **Filling**

1 kg (2 lb) stewing veal  
salt, peppercorns  
250 g (8 oz) ham  
1 onion, sliced  
1 tablespoon chopped parsley

salt, freshly ground pepper  
1 egg beaten  
water to cover  
4 teaspoons gelatine

Sift flour and salt into bowl. Place lard in saucepan with milk and bring to boil. Make a well in flour and pour boiling mixture into

this. Beat mixture thoroughly until mixture leaves the sides of the bowl. Roll out  $\frac{2}{3}$  of the pastry to 1.2 cm ( $\frac{1}{2}$ "') thickness. Press into loaf tin, but do not allow any gaps to appear in the pastry slightly overlapping the edge of the tin.

Chop veal into cubes and cover with water. Cook gently with salt, peppercorns until tender. Remove from heat and allow to cool.

Spoon meat, onion, parsley into the prepared pastry base, retaining the stock.

Roll out remaining pastry for lid. Trim surplus pastry, pinch edges together carefully and make a hole in the centre of the lid. Bake in a moderate oven until brown, remove from oven and cool a few minutes. Heat 1 cup of veal stock, add salt and pepper and dissolve gelatine. Using a funnel, very carefully pour the gelatine solution into the pie. Refrigerate for a few hours while still in the loaf tin.

## *Kidney Casserole\**

**Serves: 4**

Cooking time: 30–40 minutes

Oven temperature: 150°C  
(300°F)

500 g (1 lb) lamb kidneys  
60 g (2 oz) butter  
3 onions, peeled and chopped  
125 g (4 oz) rashers streaky  
bacon  
salt and pepper  
1 tablespoon flour  
little milk

150 ml ( $\frac{1}{4}$  pint) chicken  
stock or water (see recipe  
p. 10)  
500 g (1 lb) potato, cooked  
and mashed  
2 tablespoons chopped  
parsley

Wash and skin kidneys, remove cores. Place in a saucepan with cold water, bring to the boil, drain water off and repeat this process once.

Heat butter, add onions and fry until golden brown. Remove to a casserole. Arrange kidneys over top and cover with bacon. Season

and sprinkle with flour. Add stock, cover and cook in a slow oven, 30-40 minutes.

While kidneys are cooking line a fireproof serving dish with potato. Brush with milk and brown in the oven. Serve kidneys sprinkled with parsley and accompanied by mashed potato.

## *Haricot Beans and Bacon*

**Serves: 3**

Cooking time: 2 hours

Oven temperature: 150°C  
(300°F)

250 g (8 oz) dried haricot  
beans, soaked overnight

375 g (12 oz) streaky bacon

30 g (1 oz) bacon fat or oil  
for frying

3 onions, peeled and sliced  
2 tablespoons chopped  
parsley

freshly ground pepper

Cook beans in boiling salted water 30 minutes. Strain and reserve liquid.

Remove rind from bacon and chop. Heat bacon fat and fry onions until lightly browned. Arrange alternate layers of bacon, beans, onions, and parsley in a casserole. Sprinkle generously with pepper. Add liquid in which beans were cooked so casserole is  $\frac{2}{3}$  full. Cover and cook 2 hours in a slow oven.

## *Corn and Ham Casserole*

**Serves: 4**

Cooking time: 25 minutes

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

30 g (1 oz) butter

30 g (1 oz) flour

2 cups frozen corn niblets,  
cooked

300 ml (½ pint) milk	250 g (8 oz) cooked ham,
150 ml (¼ pint) chicken stock (see recipe p. 10)	diced
60 g (2 oz) breadcrumbs	1 onion, peeled and chopped
60 g (2 oz) grated block cheddar cheese	salt
	pepper

Heat butter, stir in flour and cook one minute. Add milk and stock gradually and cook until smooth and a little thickened. Remove from heat, add breadcrumbs, half the cheese, corn, ham and onion. Add seasonings. Pour into a greased casserole dish, sprinkle with remaining cheese. Bake in a moderate oven 25 minutes.

## *Chicken Livers with Rice*

**Serves: 4**

60 g (2 oz) butter	salt and pepper to taste
1 onion, finely chopped	2 cups rice
500 g (1 lb) chicken livers	4 cups boiling chicken stock
2 stalks celery, chopped	(see recipe p. 10)

**Garnish**  
parsley

Melt butter in a large heavy saucepan. Add onion and cook until golden. Add chicken livers and cook 1 minute. Add celery, salt, pepper and rice. Cook, stirring constantly, until rice begins to change colour. Add boiling stock, cover and cook over gentle heat until tender and all liquid is absorbed, about 20–25 minutes. If necessary add a little more water while cooking. Garnish with parsley.



# Winged and Fleet of Foot

## *Pineapple Chicken*

**Serves: 5 or 6**

**Cooking time:** 1-1½ hours

**Oven temperature:** 200-230°C  
(400-450°F)

1 large chicken, giblets  
removed and retained  
150 ml (¼ pint) water  
salt  
pepper

90 g (3 oz) butter  
1 × 439 g (15½ oz) can  
pineapple pieces, strained  
and syrup reserved

### **Garnish**

parsley

Simmer giblets in water to make a stock. Season inside of chicken with salt, pepper and 30 g (1 oz) butter. Smear rest of butter over the breast of the chicken and bake in a hot oven 1-1½ hours, basting once or twice. Pour 2 tablespoons of pineapple syrup over chicken 10 minutes before it is removed from the oven.

Put pineapple pieces, strained giblet stock and pineapple syrup in a pan. Add 1 tablespoon of fat from baking tin. Boil rapidly 5 minutes, and serve the chicken with sauce, garnished with parsley.

*NOTE: If you prefer a thicker sauce blend 1 tablespoon cornflour with a little stock and then add to sauce with stock and pineapple syrup.*

## *Fried Chicken Italian*

**Serves: 4-6**

1.75 kg (3½ lb) chicken	pepper to taste
3 tablespoons safflower oil	1 tablespoon chopped parsley
2 tablespoons white malt vinegar	plain flour for coating
½ teaspoon salt	1 egg
	extra oil for frying

Cut chicken into serving pieces. Combine oil, vinegar, salt, pepper, parsley. Marinate chicken in this mixture for 2 hours, turning pieces occasionally. Dry chicken thoroughly. Coat chicken well with flour. Dip chicken into slightly beaten egg and fry in deep hot oil for about 15 minutes or until chicken is tender and cooked through. Drain on paper towels and serve hot.

## *Nan's Chicken Pie\**

**Serves: 6**

Cooking time: 35 minutes      Oven temperature: 200-230°C  
(400-450°F)

1 quantity of short crust pastry (see recipe p. 142)

### **Filling**

1 × 1.25 kg (2½ lb) chicken	3 cups cooked mixed
water to cover chicken	vegetables (e.g. potatoes,
salt	carrots, peas, mushrooms,
pepper	corn, broccoli, cauliflower)
1 onion, diced	

### **Sauce**

60 g (2 oz) butter	300-600 ml (½-1 pint)
1 onion, diced	chicken stock (reserved from
1 tablespoon flour	cooking chicken)

Roll out pastry to line a pie dish.

Cook chicken in water with salt, pepper and 1 onion until tender. Remove chicken and reserve stock. Dice chicken meat.

Melt butter and sauté the onion. Remove from heat, stir in the flour and cook 1 minute. Gradually add stock stirring constantly until a thick white sauce is produced. Add chicken, vegetables, salt, pepper, parsley to the sauce. Pour into a pastry base and cover with crust. Slit and decorate crust, bind edges together with a little milk, marking a pattern around the edge with a fork. Bake in a hot oven until golden brown.

## *Easy Chicken Mornay Bake*

Serves: 4

Cooking time: 45 minutes

Oven temperature: 200–230°C  
(400–450°F) increase to  
230–250°C (450–475°F)

4 chicken breasts or chicken  
pieces of choice  
1 cup grated block cheddar  
cheese

1 cup mayonnaise (see  
recipe p. 108)

Spread chicken pieces evenly with mayonnaise and place on a shallow, lightly oiled tray. Sprinkle with grated cheese. Cover loosely with foil and bake in a hot oven for 30 minutes. Remove foil, increase heat to brown chicken and crisp the top, about 15 minutes.

## *Chicken and Mango*

1 × 1.25 kg (2½ lb) chicken  
60 g (2 oz) butter

1 × 470 g (15 oz) can mango  
nectar

2 stalks celery, chopped	½ teaspoon salt
1 onion, chopped	pinch black pepper
2 tablespoons cornflour	½ cup plain yoghurt

Cut chicken into serving size portions and sauté in butter until brown both sides. Remove chicken from pan. Fry onions and celery in remaining butter for a few minutes. Blend cornflour with mango nectar until smooth. Gradually add to pan, stirring until sauce boils and thickens. Add salt, pepper and chicken portions. Cover and simmer 45 minutes or until chicken is tender, stirring occasionally. Stir in yoghurt and reheat without boiling.

## *Rabbit Chasseur\**

**Serves: 4-6**

**Cooking time: 2 hours**

**Oven temperature: 150°C  
(300°F)**

1 rabbit, jointed	450 ml (¾ pint) chicken stock (see recipe p. 10)
1 teaspoon salt	salt
2 tablespoons oil	pepper
15 g (½ oz) butter	125 g (4 oz) mushrooms
2 tablespoons finely chopped shallots or onions	2 tablespoons chopped parsley
15 g (½ oz) flour	

Place jointed rabbit in cold, salted water and cook 1 hour or until tender. Drain and dry rabbit pieces.

Heat oil and butter in a frying pan and sauté shallots and rabbit pieces 15 minutes. Remove rabbit to a casserole. Add flour to the frying pan and cook a few minutes, then add stock and stir until boiling. Season and pour over the rabbit. Cover and cook in a slow oven about 1¼ hours. Add sliced mushrooms and cook further 45 minutes. Sprinkle with parsley before serving.

## *Rabbit Casserole\**

**Serves: 4**

Cooking time: 1½ hours

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

1 rabbit, jointed  
2 tablespoons white malt  
vinegar  
water to cover  
2 tablespoons flour  
salt  
pepper  
2 tablespoons oil or butter

2 rashers bacon, chopped  
½ cup chopped celery  
2 teaspoons peanut butter  
1 tablespoon chopped parsley  
2 cups chicken stock (see  
recipe p. 10)  
1 tablespoon cornflour

Soak rabbit in vinegar and enough water to cover for a few hours. Wash in clear water, dry and roll in seasoned flour. Fry lightly in oil until golden brown and arrange pieces in casserole. Add bacon, celery, peanut butter and chopped parsley. Cover with stock. Cook in a moderate oven 1½ hours or until tender. Before serving thicken sauce with cornflour blended with water.

# Garden Goodness

## *Stewed Artichokes*

**Serves: 4**

1 onion	150 ml (¼ pint) chicken stock (see recipe p. 10)
1 tablespoon oil	½ teaspoon white pepper
12 artichokes, quartered	3 egg yolks
375 g (12 oz) fresh shelled peas (or frozen peas without mint)	1 tablespoon white malt vinegar
½ teaspoon salt	

### **Garnish**

2 tablespoons chopped parsley

Sauté onion in oil. Add quartered artichokes, peas and hot stock. Season with salt and pepper. Cook gently for 30 minutes, then stir in egg yolks and white malt vinegar. Serve immediately garnished with parsley.

## *Asparagus*

When buying remember fat spears are just as tender as thin.

### **Basic Method**

With a small sharp knife or vegetable peeler, peel up the stalk until you come near the tip. Shave off any scales under the tip and wash.

This way the asparagus retains its colour and texture and can be eaten all the way down. Tie in bundles. Cook in boiling salted water in a large saucepan, lying horizontally. Cook until just tender and test by piercing with a sharp knife. Drain well.

## *Aubergine Fritters*

**Serves: 4**

1 large or 2 small aubergines	½ teaspoon salt
2 tablespoons flour	pinch black pepper
1 egg	oil for frying

Peel and chop aubergines. Place in a saucepan with water to cover, salt, bring to boil and cook gently until tender. Drain, mash and add flour and beaten egg. Beat until well combined and mixture is light. Season with salt, pepper. Heat oil in heavy pan. Drop spoonfuls of fritter mixture into hot oil and fry until golden brown all over. Drain and serve hot.

## *To Cook Dried Beans*

### **Method 1**

375 g (12 oz) dried beans (any variety)	1-2 tablespoons oil
6-8 cups hot water	1 teaspoon butter
6 cups hot water	1 teaspoon salt

To 375 g (12 oz) dried beans add 6-8 cups hot water in a saucepan. Heat and allow to boil 2 minutes. Set aside and stand 1 hour before cooking. Drain the swollen beans, replace in saucepan. Add 6 cups hot water, oil, butter and salt. Simmer until tender.

## Method 2

375 g (12 oz) dried beans  
(any variety)  
6 cups cold water  
2 teaspoons salt

To 375 g (12 oz) dried beans add 6 cups cold water and 2 teaspoons salt. Let stand overnight or 6–8 hours before cooking. Drain the swollen beans, place in saucepan with 6 cups hot water, oil, butter and 1 teaspoon salt. Simmer until tender.

## *Quick Barbecued Beans*

**Serves: 4**

Cooking time: 45 minutes

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

2 cups cooked haricot beans (see recipes pp. 90, 91)	salt
¼ cup sliced onion	pepper
1 tablespoon butter	½ teaspoon parsley
½ cup pineapple juice	1 cup breadcrumbs or wheatgerm
1 tablespoon brown sugar or molasses	½ cup grated block cheddar cheese

Fry onion in butter until light brown. Mix with all other ingredients except cheese. Place in a greased casserole, sprinkle with cheese, cover and bake in a moderate oven for 30 minutes. Remove lid and allow to brown (about 15 minutes).



## *Corn*

### **Basic Method**

Remove top, casing leaves and silk. Place in a large saucepan of boiling water for about 15 minutes. (Do not salt the water when cooking as this toughens the corn.) The best way to eat it is dripping with butter and seasoned with salt, pepper.

## *Brussel Sprouts*

### **Basic Method**

Discard wilted yellow outside leaves and trim away excess stem. Wash and drain. Drop sprouts in boiling, salted water. Cook gently until just tender. Drain well. Serve with butter, salt, pepper.

## *Broccoli*

### **Basic Method**

Divide broccoli into flowerettes and if the ends of the stalks are very coarse, peel with a vegetable peeler. Cut stalks into pieces. Cook stems first for 5 minutes in boiling salted water then add the flowerettes. Drain when just tender.

*Note: Do not buy if the heads are beginning to show signs of yellow flowers.*

## *Beetroot*

### **Basic Method**

They must not be cut before cooking or they bleed, leaving them a little pale and anaemic looking. Cook whole in salted water and when tender (30-45 minutes) leave to cool slightly. The skin will then slip off easily.

*Note: Hot, beetroot are delicious and delicate.*

## Savoury Cabbage

**Serves: 6**

Cooking time: 20 minutes

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

½ small cabbage

2 hard boiled eggs

salt

salt

60 g (2 oz) butter

pepper

1 diced rasher bacon

2 tablespoons block cheddar

1 diced white onion

cheese, grated

Remove the coarse outside leaves and any damaged ones, then shred cabbage, removing core, and wash. Place in a saucepan with a little salt. Cook about 10 minutes or until slightly crisp. (Shake saucepan occasionally to prevent it catching.) Drain away any excess liquid.

Melt butter and cook bacon and onion in this until onion is softened. Mix with cooked cabbage. Roughly chop hard boiled eggs. Add to cabbage mixture with seasoning to taste. Butter an ovenproof dish, spoon in the cabbage. Cover with grated cheese and brown in a moderate oven, about 20 minutes.

## Carrots

### Basic Method

Trim and scrape with a vegetable peeler. Leave small carrots whole or if larger carrots slice across into thin slices. Place into a saucepan with 1 cup water, ½ teaspoon butter, ½ teaspoon salt, pepper, 2 teaspoons sugar (enough for 500 g (1 lb) carrots). Cover and cook gently until the carrots are tender.

*Note: The large older carrots have a richer stronger flavour; the small baby carrots are lighter and more delicate.*

## *Carrots Supreme*

60 g (2 oz) butter	30 g (1 oz) block cheddar
1 white onion, finely chopped	cheese, chopped in small
2 stalks celery, finely diced	pieces
500 g (1 lb) carrots, sliced	little salt
and cooked	pepper
3 tablespoons cream	

Melt butter and cook onion and celery until softened. Add carrots and warm through, shaking gently. Mix cream and cheese together. Pour cream and cheese mixture over the top of the carrots and leave over a low heat until cheese has melted. Season to taste.

## *Cauliflower*

### **Basic Method**

Choose firm white heads. Cut flowerettes off the stems. Cut the central thick stem into slices and wash. Drop into a saucepan of salted boiling water. Cook uncovered until tender but not mushy and drain into a colander.

## *Cauliflower au Gratin*

**Serves: 6**

**Cooking time:** 20–25 minutes

**Oven temperature:** 200–230°C  
(400–450°F)

1 cauliflower  
½ cup milk  
600 ml (1 pint) mornay sauce  
(see recipe p. 105)  
1 tablespoon melted butter

2 tablespoons grated block  
cheddar cheese  
2 tablespoons soft  
breadcrumbs

Cook cauliflower in boiling salted water with milk until tender but still firm. (If small trim cauliflower and cook whole. If large cut into flowerettes.) When cooked, drain well.

Spoon half the mornay sauce into a shallow heatproof dish. Arrange drained cauliflower on top. Pour over remaining sauce, sprinkle with cheese, breadcrumbs and a little melted butter. Put into a hot oven until topping is brown.

## *Braised Chokos*

**Serves: 4-6**

500 g (1 lb) chokos, peeled and quartered	bacon rinds
2 carrots, sliced	2 cups chicken stock (see recipe, p. 10)
2 onions, sliced	30 g (1 oz) butter

Place chokos in buttered saucepan with sliced carrots, onions and bacon rinds. Cover vegetables with stock and cover saucepan with a tight fitting lid. When liquid is reduced, add a little more stock and simmer. Drain choko and reduce liquid in a saucepan. Add 30 g (1 oz) butter and pour over vegetable mixture.

## *Summer Sweet Corn*

**Serves: 5**

60 g (2 oz) butter	1 cup chicken stock (see recipe p. 10)
2 rashers diced bacon	1 tablespoon cream
2 white onions, diced	2 tablespoons tasty block cheddar cheese, grated finely
4 small corn cobs or 2 cups frozen corn	pepper
salt	

Melt butter, cook bacon and onion until softened. Cut corn away from cob, using a sharp knife. Add to pan with salt, pepper, stock. Cover and cook over low heat, 15 minutes. Before serving add cream and cheese. Stir until cheese melts.

*Note: Goes well with chicken or makes a light luncheon dish.*

## *Leeks*

### **Basic Method**

Trim off the root and coarse green part of the leaves. Remove any withered leaves. Slit the green part of the leek in several places and cut to approximately the same length. Hold under running water for a few seconds then leave heads downwards in a jug of cold water to remove remaining grit. Lay in saucepan and pour in enough boiling water to come about halfway up. Season with salt, place over high heat and cook until just softened. Check the white part with a knife (usually takes 30 minutes). Drain well, press gently to remove excess water.

## *French Fried Onion Rings*

**Serves: 6**

6 onions  
1 cup milk  
1 egg  
¼ teaspoon salt

1 cup plain flour  
oil for frying  
salt and pepper

Skin onions, slice thinly, separate into rings. Put into bowl, cover with milk; let stand 1 hour. Drain, reserve milk.

Beat egg well, beat in reserved milk, salt and sifted flour. Dip each onion ring into batter, drop into hot oil a few rings at a time so the heat of the oil does not decrease. Fry until golden. Drain well, sprinkle with salt and pepper.

*Note: An excellent accompaniment to grills or chicken.*

## *Peas with Bacon*

2 rashers bacon	salt
250 g (8 oz) fresh or frozen peas (without mint)	pepper 1 teaspoon sugar
6 spring onions, chopped	1 tablespoon chopped parsley
1-2 tablespoons water	

Cook bacon until crisp in a saucepan. Add other ingredients. Cover tightly and cook for 15 minutes. Drain and serve immediately.

## *Potato Scallops*

**Serves: 4**

500 g (1 lb) potatoes	1 egg
boiling water	1 tablespoon oil
250 g (8 oz) plain flour	1-1¼ cups hot water
½ teaspoon salt	

Peel potatoes, wash well. Cut into slices 1 cm (¼") thick. Place in heatproof basin; cover with boiling water. Let stand 1 hour.

Sift flour and salt into basin. Make a well in centre, add beaten egg and oil. Beat in enough hot water to make a fairly thick coating batter. Beat until smooth. Drain potatoes, pat dry with towel. Coat

each slice well with batter, and deep fry in hot oil, a few at a time until batter is golden brown and crisp. Drain on kitchen paper and sprinkle with salt.

## *Crunchy Potato Slices*

**Serves: 6**

Cooking time: 1 hour

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

60 g (2 oz) butter  
1 small clove crushed garlic  
pepper  
salt

6 medium sized potatoes,  
peeled and cut in thick slices  
2 tablespoons breadcrumbs

Butter a shallow baking dish. Melt butter and garlic together. Slice potatoes thickly and arrange on baking dish, placing them overlapping in layers. Sprinkle with pepper and salt. Pour butter over the top and sprinkle with crumbs. Bake 45 minutes to 1 hour in a moderate oven.

## *Spinach*

### **Basic Method**

Remove stems and discard any wilted or yellow leaves. Wash spinach several times in a large quantity of water and drain. Place into a large pot with  $\frac{1}{2}$  teaspoon salt, leaving just the water that hangs on the leaf. Place lid on and cook rapidly until just tender. Stir once, drain and run through with cold water. Drain again and squeeze to remove as much water as possible. Serve chopped with butter.

# The Salad Bowl

## *Chicken Pineapple Salad*

**Serves: 4**

- |   |   |
|---|---|
| 1 × 439 g (15½ oz) can<br>pineapple pieces or fresh<br>pineapple, cubed | 3 crisp lettuce leaves                          |
| 250 g (8 oz) cooked chicken,<br>diced                                   | 2 tablespoons mayonnaise<br>(see recipe p. 108) |
|   | 2 tablespoons chopped spring<br>onions          |

Arrange a ring of well drained pineapple in crisp lettuce. Fill the centre of the ring with combined chicken, spring onions, and mayonnaise.

## *Chicken Vegetable Salad*

**Serves: 4**

- |                                       |  |
|---------------------------------------|--|
| 250 g (8 oz) cooked chicken,<br>diced | 250 g (8 oz) raw celery,<br>chopped                                  |
| 250 g (8 oz) cooked potato,<br>diced  | 3 tablespoons favourite salad<br>dressing (see recipe<br>pp. 108-10) |
| 1 tablespoon grated onion             |  |

Mix all ingredients together and serve in bowl on a bed of cold boiled rice.



## *Tossed Salad*

**Serves: 6**

1 lettuce, leaves separated	10 radishes, washed, topped and tailed
250 g (8 oz) fresh mushrooms, sliced	½ cup honeyed French dressing (see recipe p. 110)
3 shallots, chopped	

### **Garnish**

2 tablespoons chopped parsley

Line salad bowl with lettuce leaves and fill with other ingredients, making sure radishes are on top. Sprinkle with parsley. Just before serving pour honeyed French dressing over and toss.

## *Raw Mushroom Salad*

**Serves: 4**

2 tablespoons white malt vinegar	125 ml (½ cup) oil
salt	250 g (8 oz) button mushrooms
pepper	250 g (8 oz) block cheddar cheese
1 tablespoon sour cream (optional)	250 g (8 oz) leg ham, cut thickly
1 clove garlic	

Mix vinegar, salt, pepper. Crush garlic and add to vinegar. Add oil and beat with a fork until combined. Remove garlic, stir in sour cream. Wipe mushrooms with a damp cloth, trim stems and slice thinly. Cut cheese and ham into very thin strips. Add dressing to mushrooms, cheese and ham in a bowl and toss lightly, and pile into a serving dish.

## Potato Salad

Serves: 5-6

750 g (1½ lb) potatoes	½ cup grated carrot
1 tablespoon grated onion	1 tablespoon French dressing
2 tablespoons chopped parsley	(see recipe p. 109)
	salt
¼ cup mayonnaise (see recipe p. 108)	freshly ground black pepper

Peel and cook potatoes, drain and dice. Combine potato, onion, carrot, parsley, mayonnaise, French dressing, salt and pepper.

## Beetroot Salad

Serves: 6

12 small beetroot, cooked and peeled	¼ teaspoon pepper
½ cup white malt vinegar	3 teaspoons cinnamon
½ teaspoon salt	¼ cup white sugar
	¼ cup brown sugar

Slice beetroot and arrange on platter. Combine vinegar, sugar, cinnamon, salt, pepper in a saucepan. Simmer 10 minutes. Pour dressing over beetroot and serve cold.

## Pineapple Slaw

Serves: 6

2 cups shredded cabbage	1 cup chopped celery
1 cup crushed pineapple	½ cup chopped shallots

### **Dressing**

- ½ cup mayonnaise (see recipe p. 108)
- 1 teaspoon sugar
- 1 tablespoon white malt vinegar

Combine cabbage, drained pineapple, celery and pepper. Toss lightly with a fork.

Combine all ingredients for dressing and stir until blended. Add dressing to slaw and toss lightly. Refrigerate well before serving.

*Note: Excellent to serve with ham or grills.*

## *Red Cabbage Salad*

**Serves: 4**

- |  |   |
|--|---|
| 1 small red cabbage, finely shredded           | ¼ cup finely chopped onion                        |
| 1 cup cauliflower flowerettes, slightly cooked | 1 tablespoon sugar                                |
| ½ cup chopped celery                           | 2 tablespoons French dressing (see recipe p. 109) |

Combine all vegetables in a bowl. Mix sugar and French dressing well to dissolve sugar. Add to vegetables and toss well.

## *Italian Bean Salad*

**Serves: 6**

- |                                    |                               |
|------------------------------------|-------------------------------|
| 250 g (8 oz) dried baby lima beans | 4 tablespoons chopped parsley |
| salt                               | 3 tablespoons oil             |

½ small onion, thinly sliced      2 tablespoons white malt  
1 clove garlic, crushed              vinegar

Soak beans in cold water to cover for at least 6 hours. Drain. Place beans in a large saucepan and add enough cold water to cover. Bring to boil, lower heat and simmer 40–45 minutes or until tender. Add salt to taste towards end of cooking time. Drain beans and toss with all other ingredients. Allow to cool and sprinkle with extra parsley to serve.

#### **Variation**

*Bean and Tuna Salad:* Add 1 × 212 g (7½ oz) can tuna and toss well.

## *Pineapple Rice Salad*

**Serves: 6–8**

1 × 425 g (15 oz) can pineapple pieces	1½ cups rice
4 cups water	8 shallots
salt	2 sticks celery
	pepper

Drain pineapple and reserve juice. Bring water and 1 teaspoon salt to boil. Add pineapple juice and rice and stir until boiling. Simmer uncovered until tender, approximately 15 minutes. Drain and refrigerate the rice. Chop vegetables finely. Combine vegetables and rice and season to taste.

# The Sauce Boat

savoury sauces, marinades, stuffings,  
sweet sauces

## *Bêchamel Sauce*

**Makes: 450 ml (¾ pint)**

450 ml (¾ pint) or 1½ cups	30 g (1 oz) butter
milk	30 g (1 oz) flour
stalk of celery	salt
piece of carrot	pepper
piece of onion or 1 shallot	2 tablespoons cream
4 peppercorns	

Simmer milk with celery, carrot and onion and peppercorns for 10 minutes. Strain milk. Melt butter, add flour and cook 2 minutes. Add strained milk to butter and flour gradually, stirring constantly until it thickens. Add salt, pepper and cream. Reheat but do not boil.

## *White Sauce I*

**Makes: 450 ml (¾ pint)**

30 g (1 oz) butter	450 ml (¾ pint) milk or
30 g (1 oz) flour	milk and stock
salt	pepper to taste

Melt butter in a saucepan, stir in flour and cook about 3 minutes. Remove from heat and gradually blend in milk (or milk and stock). Place over heat and stir until boiling then simmer gently, stirring well about 2 minutes. Season to taste.

#### **Variations**

*Onion Sauce:* To the basic white sauce add: 1 or 2 chopped onions which have been sautéed in butter until translucent but not brown.

*Cheese Sauce:* To the basic white sauce add: 60 g (2 oz) finely grated block cheddar cheese. Stir well.

*Egg Sauce:* To the basic white sauce add:  
2 finely chopped hard boiled eggs.

*Parsley Sauce:* To the basic white sauce add:  
2 tablespoons chopped parsley.

## *White Sauce II*

45 g (1½ oz) butter	salt
45 g (1½ oz) flour	pepper
600 ml (1 pint) milk	

Melt butter, stir in flour and gradually blend in milk. Stir over heat until thick. Season to taste.

## *Mornay Sauce*

**Makes: 600 ml (1 pint)**

60 g (2 oz) butter	125 g (4 oz) grated block cheddar cheese
4 tablespoons plain flour	
600 ml (1 pint) milk	freshly ground black pepper
salt	

Melt butter, add flour and cook over a gentle heat, stirring constantly with a wooden spoon for 2 minutes. Heat milk and gradually stir into butter and flour until well blended. Return to heat and cook over a gentle heat, stirring until thickened. Remove from heat. Sprinkle grated cheese, salt and pepper over sauce, and stir until cheese melts.

## *Onion Sauce*

3 medium size onions	salt
30 g (1 oz) butter	pepper
2 tablespoons plain flour	1 tablespoon cream
300 ml (½ pint) milk	

Slice onions and cook in boiling, salted water until tender. Drain onions thoroughly and sieve or blend. Melt the butter. Take pan off heat and add the flour. Scald the milk and blend with flour. When thoroughly blended stir continuously over a moderate heat until boiling. Simmer 2-3 minutes, add the prepared onions, adjust seasonings and stir in cream.

## *Mushroom Sauce*

180 g (6 oz) mushrooms, washed and sliced	90 g (3 oz) butter
½ teaspoon salt	2½ tablespoons plain flour
¼ teaspoon pepper	1 cup milk
	1 teaspoon pure soy sauce

Place mushrooms in saucepan with salt and pepper and butter. Cook 10-15 minutes. Add flour and milk, stirring constantly. Leave to cook 10 minutes. Add soy sauce and cook a further 5 minutes.

## *Peanut Butter Sauce*

**Serves: 4**

5 tablespoons peanut butter	1 teaspoon white malt
1 clove garlic, crushed	vinegar
1 cup milk	pinch salt
2 teaspoons brown sugar	

Simmer all ingredients together 2 minutes. Reserved marinade can be added to the sauce for extra flavour.

## *Pizza Sauce\**

**Enough for 2 pizzas**

750 g (1½ lb) swedes, chopped	water to cover
4 large carrots, chopped	pepper to taste
1 onion, chopped	pinch cinnamon
salt to taste	3 teaspoons brown sugar
	1 tablespoon butter

Boil all ingredients together until tender. Drain and push through a sieve, or purée in a blender. Beat in pepper, cinnamon, brown sugar and butter.

## *Bolognese Sauce*

**Serves: 4**

1 tablespoon oil	†250 g (8 oz) beef
1 clove garlic, peeled and crushed	†250 g (8 oz) pork
	2 tablespoons chopped parsley



- |  |                                       |
|--|---------------------------------------|
| 1 stick celery, finely chopped                 | 1 cup fresh or tinned<br>carrot juice |
| 2 onions finely chopped                        | ½ cup water                           |
| 60 g (2 oz) bacon, chopped                     | salt and pepper to taste              |
| 250 g (8 oz) chicken liver,<br>chopped         | 30 g (1 oz) butter                    |
| 1 teaspoon yeast extract                       |                                       |
| † minced together or 500 g (1 lb) beef, minced |                                       |

Heat oil and sauté garlic and onion until golden then remove. Brown beef, pork, bacon and chicken livers in remaining oil, stirring frequently. Add garlic, onions to meat mixture. Add celery, parsley, carrot juice, water, salt and pepper. Cover and simmer 1 hour. Remove from stove and stir in butter.

## *Sweet and Sour Sauce\**

**Makes: 300 ml (½ pint)**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 3 teaspoons cornflour              | salt to taste                         |
| water to blend                     | 300 ml (½ pint) water                 |
| 1 tablespoon sugar                 | ½ cup crushed or chopped<br>pineapple |
| 3 teaspoons pure soy sauce         | 1 small onion, finely chopped         |
| 1 tablespoon white malt<br>vinegar |                                       |

Blend cornflour with a little water. Mix sugar, soy sauce, vinegar, salt and water in a saucepan. Add blended cornflour and cook until thickened, stirring constantly. Add pineapple and onion and cook another 2 minutes.

## *Mayonnaise*

- |   |                          |
|---|--------------------------|
| 1 × 425 g (15 oz) can<br>sweetened condensed milk | 1 cup white malt vinegar |
| 1 teaspoon salt                                   | 1 egg                    |
| ½ teaspoon pepper                                 | cream or evaporated milk |

Beat all ingredients except cream or evaporated milk together until well mixed. Keep in refrigerator and then when required mix with a little cream or evaporated milk.

## *Mayonnaise Dressing*

1 egg	½ teaspoon salt
600 ml (1 pint) vegetable oil	2 tablespoons pineapple juice

Slightly beat the egg. Then gradually add the oil, beating continuously. When all the oil is beaten into the egg, you will have a very stiff consistency. Add salt and fold it in. Now add the pineapple juice gradually until desired consistency and tartness are achieved.

## *Green Mayonnaise*

1½ cups mayonnaise (see recipe p. 108)	4 chopped shallots
½ cup sour cream	2 tablespoons chopped parsley
1 tablespoon white malt vinegar	4 cups shredded raw spinach

Place ingredients in blender in the given order on a low speed feeding spinach in gradually or chop all greens very finely and combine with other ingredients.

*Note: Delicious with fish, meat or vegetable salads.*

## *French Dressing*

2 tablespoons salad oil	salt
2 tablespoons white malt vinegar	pepper
	1 teaspoon sugar

Place all ingredients in a jar and shake vigorously before using.

#### **Variation**

*Honeyed French dressing:* add  $\frac{1}{4}$  cup honey and 1 clove garlic to ingredients in jar.

### *Sour Cream Topping*

1½ cups sour cream	1 tablespoon honey
1 tablespoon brown sugar	½ teaspoon cinnamon

Mix all ingredients thoroughly.

### *Cottage Cheese Dressing*

150 ml ( $\frac{1}{4}$ pint) white malt vinegar	pinch black pepper
½ level teaspoon salt	1 small tin condensed milk
	60 g (2 oz) cottage cheese

Blend vinegar and seasonings. Add the condensed milk. Beat cheese into the mixture and continue beating until smooth. Store in screwtight jar in refrigerator. Serve with vegetables or salads.

### *Marinade Hawaiian for lamb*

¼ cup oil	1 tablespoon brown sugar
½ cup pineapple juice	salt
2 tablespoons pure soy sauce	freshly ground black pepper
1 clove garlic, crushed	

Mix all ingredients together, pour over meat. Marinate meat 4-6 hours and turn meat often.

## *Kebab Marinade*

¼ cup oil	3 tablespoons chopped
½ cup white malt vinegar	parsley
2 cloves garlic, crushed	1 teaspoon salt
1 small onion, finely sliced	pepper to taste

Mix marinade ingredients and pour over meat. Cover and refrigerate 4-8 hours, turning meat occasionally.

## *Lamb Marinade*

½ cup white malt vinegar	4 tablespoons chopped parsley
½ cup oil	1 small onion, chopped
salt	pepper

Mix all ingredients together, and pour over lamb. Cover and refrigerate 6 hours.

## *Flavoured Butters*

For grilled meats and fish, in bread sticks, sandwiches or on homemade or savoury suitable biscuits.

To 2 tablespoons butter add one of the following:

*Garlic:* 1 crushed clove garlic, 2 teaspoons finely chopped parsley

*Cheese:* 2 teaspoons grated block cheddar cheese, 2 teaspoons finely chopped parsley

*Parsley:* 2 tablespoons chopped parsley and pepper to taste.

## *Parsley and Cheese Butter*

This can be used with steak or spread on toast as a savoury. It is also good in a breadstick.

60 g (2 oz) butter	1 tablespoon block cheddar
1 clove garlic crushed	cheese, grated
3 tablespoons finely chopped parsley	little pepper

Mash all ingredients together and use as desired.

## *Egg Stuffing*

2 hard boiled eggs	salt
2 teaspoons chopped onion	pepper
2 teaspoons chopped parsley	30 g (1 oz) butter

Chop the hard boiled eggs. Mix with the rest of the ingredients.

*Note: Excellent for fish, vegetables, or, if onions are sautéed before adding, a good sandwich filling.*

## *Mushroom Stuffing*

125 g (4 oz) mushrooms or mushroom stalks	30 g (1 oz) butter
1 small onion	30 g (1 oz) breadcrumbs
	2 teaspoons chopped parsley

Chop the mushrooms and onions finely. Blend with butter and other ingredients.

*Note: Excellent for bacon whirls, fish, veal or chicken.*

## *Oyster Stuffing*

1 large onion, finely chopped	2 tablespoons chopped parsley
185 g (6 oz) butter	375 g (12 oz) oysters (or tinned oysters)
3 cups fresh white breadcrumbs	little milk or water to bind
3 sticks celery, chopped	

Cook onion in butter until golden. Add  $\frac{1}{3}$  of breadcrumbs and stir until butter is absorbed. Tip mixture into bowl, add remaining crumbs, celery, parsley and seasonings. Drain oysters. Rinse and drain again. Chop oysters lightly and add to mixture. Bind with a little milk or water.

*Note: Excellent for chicken.*

## *Parsley Stuffing*

60 g (1 oz) breadcrumbs	yolk 1 egg
1 tablespoon chopped parsley	salt
30 g (1 oz) butter, melted	pepper

Mix all ingredients together.

*Note: Suitable for meat, fish or chicken.*

## *Ham and Veal Stuffing*

30 g (1 oz) butter	2-3 tablespoons fresh breadcrumbs
1 shallot, finely chopped	2 tablespoons chopped parsley
185 g (6 oz) ham, finely chopped	salt
185 g (6 oz) veal, finely chopped	pepper
	1 egg, lightly beaten

Melt butter. Add chopped shallot, cook until soft and leave to cool. Mix the ham with veal, breadcrumbs, parsley. Add shallot and butter. Season. Bind with beaten egg.

*Note: Excellent for chicken.*

## *Hot Chocolate Sauce*

60 g (2 oz) butter	1 tablespoon liquid glucose
1 level tablespoon Cadbury Bournville Cocoa	(optional)
1 cup brown sugar	½ cup cream

Combine butter, cocoa, brown sugar and liquid glucose in a small saucepan. Stir over gentle heat until butter has melted and mixture is thoroughly heated. (All sugar crystals will not have dissolved at this stage.) Add the cream and stir until smooth. Simmer about 5 minutes. Remove from heat.

## *Caramel Sauce*

1 tablespoon butter	1 tablespoon golden syrup
2 tablespoons brown sugar	4 tablespoons hot water
2 tablespoons condensed milk	cream or milk

Combine butter, brown sugar, condensed milk, and golden syrup in a saucepan. Cook, stirring constantly until mixture is a rich, golden colour and leaves sides of the saucepan. Remove from heat, gradually stir in hot water. Return to heat, cook further 1 or 2 minutes. Add sufficient cream or milk to correct the consistency after it has cooled.

## Butterscotch Sauce

2 tablespoons plain flour	1½ cups milk
½ cup brown sugar	30 g (1 oz) butter
1 egg yolk	½ teaspoon cinnamon

Put flour and sugar in a saucepan. Gradually add egg yolk and milk beaten together and stir until smooth. Heat gently to boiling, cook 3–4 minutes stirring frequently. Add butter. Cool slightly and stir in cinnamon.

## Chocolate Fudge Sauce

¾ cup sugar	2 tablespoons hot water
3 tablespoons Cadbury Bournville Cocoa	¾ cup evaporated milk
pinch salt	60 g (2 oz) butter
	1 teaspoon cinnamon

Combine sugar, cocoa, salt in a saucepan. Blend in water, add milk gradually and stir over heat until cocoa is dissolved. Bring to boil and cook 3–4 minutes until thickened, stirring constantly. Remove from heat, beat in butter and cinnamon. Serve warm or cold.

*Note: Delicious on ice cream.*

## Pineapple Sauce

½ cup sugar	1 × 425 g (16 oz) can
2 teaspoons cornflour	crushed pineapple, drained

Combine sugar and cornflour in a saucepan. Drain pineapple, measure juice and make up to 1¾ cups with water. Stir liquid into sugar and cornflour mixture. Cook, stirring constantly over medium heat until sauce thickens and boils 1 minute. Add pineapple, cook 10 minutes stirring. Serve warm or cold.

*Note: Delicious on ice cream.*



# The Sweet Trolley

## *Fillings for pastry and crumb shells*

These fillings are suitable for pre-cooked and stored, or frozen pastry or crumb shells (see recipes pp. 142-3).

### *Banana Filling*

½ cup sugar	2 tablespoons pineapple juice
1 cup mashed bananas	1 egg, beaten
1 tablespoon butter	

Stir sugar into bananas. Add butter and pineapple juice and mix together in a double saucepan. Add beaten egg and stir over a gentle heat until thick. Cool before filling case.

### *Caramel Banana Filling*

1 × 400 g (14 oz) can sweetened condensed milk	1 tablespoon pineapple juice
2 bananas, sliced	1 cup whipped cream

Boil the uncanned sweetened condensed milk gently for 2 hours. When cool pour into pastry case. Slice banana over, sprinkle with pineapple juice and spread with whipped cream.

## *Chocolate Chiffon Filling\**

3 tablespoons gelatine	5 tablespoons Cadbury
3 tablespoons water	Bournville Cocoa
2 eggs, separated	½ teaspoon cinnamon
½ cup sugar	1¼ cups cream, whipped
1¼ cups milk	

Soften gelatine in water. Beat egg yolks and sugar until light and creamy. Stir in cocoa and milk. Pour into saucepan and while stirring bring to the boil. Add cinnamon and gelatine and remove from heat. Cool until starting to set. Beat egg whites until stiff and fold in. Whip cream and fold in, saving a little for garnishing. Pour into pastry case and chill until set. Garnish with extra cream.

## *Jam Custard Filling*

3 tablespoons homemade jam (see recipes pp. 164-9)	1 tablespoon grated homemade chocolate (see recipe p. 183)
600 ml (1 pint) thick custard (see recipe p. 130)	

Spread base of pastry with jam. Cover with thick custard and top with grated chocolate.

## *Peanut Butter Whip Filling*

2 teaspoons gelatine	1 × 410 g (14½ oz) can
1½ tablespoons water	evaporated milk (at room
½ cup peanut butter	temperature)
¼ cup sugar	½ teaspoon cinnamon

Soften gelatine in water. Stir over low heat until dissolved. Cool. Mix evaporated milk and peanut butter. Slowly add cooled gelatine, then sugar and cinnamon. Beat until well blended and sugar is dissolved. Chill until set.

## *Pineapple Meringue Filling*

**Serves: 4**

**Cooking time: 15 minutes**

**Oven temperature: 200–230°C  
(400–450°F)**

1 × 425 g (15 oz) can  
crushed pineapple

2 eggs, separated

2 teaspoons cornflour  
pinch salt

2 tablespoons castor sugar

Place pineapple, egg yolks, and cornflour in saucepan. Mix well and stir well with a wooden spoon over moderate heat until thickened. Transfer to ovenproof dish and keep warm. Beat egg whites with a pinch of salt until thick and gradually add sugar. Pile meringue onto pineapple, cover completely. Bake in a hot oven until lightly browned.

## *Banana Split*

**Serves: 4**

4 bananas, peeled and cut  
lengthways into halves

8 scoops homemade ice cream  
(see recipe p. 134)

1 × 450 g (16 oz) can paw paw  
cubes

### **Garnish**

2 cups grated homemade chocolate (see recipe p. 183)

Place one banana, split in halves, on each dish. Top with 2 scoops of ice cream and surround with paw paw cubes. Decorate with grated chocolate.

## *Bananas and Dates*

Serves: 4-6

4-6 bananas	1 teaspoon pineapple juice
250 g (8 oz) dessert dates, stoned	½ teaspoon ground cinnamon
	1 cup cream

Slice bananas thinly and sprinkle with pineapple juice. Slice dates thinly. Place alternate layers of bananas and dates in a serving dish, sprinkling layers with cinnamon. Pour cream over and chill 5 or 6 hours before serving.

## *Banana Delight\**

3 cups homemade muesli (see recipe p. 170)	¼ cup milk
90 g (3 oz) butter, melted	½ cup sugar
2 tablespoons sugar	3 large bananas
1 teaspoon cinnamon	1 tablespoon pineapple juice
3 eggs, separated	300 ml (½ pint) cream lightly whipped

Line a large square cake tin with foil and leave enough at sides to fold over top. Mix muesli, butter, sugar and cinnamon and spread half on base of tray. Combine egg yolks, milk and sugar and cook, stirring over a low heat until thickened. Cool. Mash bananas with pineapple juice and stir into cooled custard. Beat egg whites stiffly and fold in. Whip cream **lightly** and add to mixture. Poor over muesli and sprinkle remaining muesli on top. Cover with foil and freeze. Remove from freezer 1 hour before serving. Cut into slices.

## Pear Torte

**Serves: 6**

**Cooking time: 1½ hours**

**Oven temperature: 150°C  
(300°F)**

4 egg whites  
¼ teaspoon salt  
1½ cups sugar

½ teaspoon cinnamon  
1 teaspoon white malt  
vinegar

### Filling

¾ cup sugar  
3 tablespoons Cadbury  
Bournville Cocoa  
pinch salt  
2 tablespoons hot water  
¾ cup evaporated milk  
4 egg yolks, lightly beaten

60 g (2 oz) butter  
1 cup cream  
¼ cup sugar  
¼ teaspoon cinnamon  
1 × 822 g (1 lb 13 oz) can  
pear halves

Cover the base of a springform pan with foil. Grease it well and sprinkle with cornflour. Add the salt to the egg whites. Beat until stiff. Gradually add the sugar and continue beating until thick and glossy. Sprinkle in the cinnamon. Beat in the vinegar. Spread the meringue over the foil making it shallow in the centre and building up the sides to a height of 8 cm (3"). Bake in a slow oven for about 1½ hours.

Combine sugar, cocoa, salt in saucepan. Blend in water, milk and stir over heat until cocoa is dissolved. Stir in egg yolks and bring to boil. Cook 3-4 minutes until thickened. Remove from heat and beat in butter. Chill. Combine cream, sugar and cinnamon and beat until thick. Spread half the cinnamon cream in the centre of the torte. Fold the remaining cream through the chocolate mixture and spread over the cream layer. Chill several hours. Just before serving arrange the well drained pear halves on top.

## *Pears Helene*

**Serves: 6**

½ cup water	homemade ice cream (see recipe p. 134)
½ cup sugar	hot chocolate sauce (see recipe p. 114)
6 pears, peeled, cored and quartered	
a small stick of cinnamon	

Place water and sugar in a large saucepan and stir over heat until sugar has dissolved. Add the pears and cinnamon. Cover and simmer until pears are soft (20–40 minutes). Allow pears to cool in the syrup. Remove cinnamon before serving. Serve with ice cream and chocolate sauce.

## *Stuffed Pears*

**Serves: 4**

Cooking time: 1 hour	Oven temperature: 150°C (300°F)
----------------------	------------------------------------

4 large pears, peeled and cored	¼ cup honey or homemade jam (see recipes pp. 164–9)
4 tablespoons chopped dates	1 cup water
2 teaspoons cinnamon	

Stuff pears with dates, sprinkle with cinnamon, and top with honey or jam. Place in a casserole dish, add water and bake slowly for 1 hour or until tender.

## *Pears in Jackets*

**Serves: 4**

Cooking time: about 45 minutes      Oven temperature: 200–230°C  
(400–450°F) reduce to  
180–200°C (350–400°F)

250 g (8 oz) shortcrust pastry (see recipe p. 142)	2 teaspoons cinnamon
4 firm eating pears	1 egg white
4 tablespoons brown sugar	1 tablespoon sugar
	whipped cream to serve

Make pastry and chill 30 minutes before rolling out. Peel pears, remove core from base but leave stalk attached. Cut pastry into 4 5cm × 5cm (2" × 2") squares and 4 10cm × 10cm (4" × 4") squares. Place base of pears on small squares. Sprinkle sugar and cinnamon over each pear. Mould pastry over base of pear. Brush edges of large squares of pastry with cold water, ease stalk through centre, press and mould pastry to cover pears completely. Place pears on baking tray, brush with beaten egg white and sugar. Bake in a hot oven for 20 minutes or until pastry is cooked and golden brown. Reduce heat to moderate and bake until pears are tender (test with a skewer). Serve with whipped cream.

## *Pear Crumble Pie*

**Serves: 4**

Cooking time: 30 minutes      Oven temperature: 180–200°C  
(350–400°F)

1 × 850 g (1 lb 14 oz) can pears	½ cup brown sugar
125 g (4 oz) butter	4 tablespoons Nestlé Malted Milk powder
1 cup self-raising flour	½ teaspoon cinnamon

Drain fruit and arrange in a 20 cm (8") pie plate. Rub butter into remaining ingredients until it resembles breadcrumbs. Sprinkle over fruit and bake in a moderate oven for 30 minutes.

## Pineapple Jelly

2 tablespoons gelatine  
½ cup cold water

4 cups pineapple juice  
½ cup sugar

Sprinkle gelatine over water. Heat 1 cup pineapple juice, add sugar and stir until sugar is dissolved, then add softened gelatine and stir again until gelatine is dissolved. Add extra pineapple juice and stir well. Pour into mould or basin and chill until set in refrigerator.

*Note: You may substitute and vary quantities by using reserved juice from tinned pears, pineapple, mango and paw paw.*

**Variations:** After cooling and before jelly is set stir in diced banana, cubed paw paw, pears or mango.

## Pineapple Sponge Pudding

**Serves:** 5-6

Cooking time: 35 minutes

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

1 × 425 g (15 oz) tin  
crushed pineapple

90 g (3 oz) butter

½ cup sugar

1 tablespoon boiling water

2 eggs

1 heaped cup self-raising  
flour

pinch salt

½ cup milk

Empty pineapple into casserole dish and put into moderate oven to heat while making sponge mixture. Cream butter with 1 tablespoon boiling water. Add eggs one at a time and beat well. Sift flour and salt, add to creamed mixture, alternately with milk, adding a little more milk if necessary to make a soft mixture. Spread evenly on top of heated pineapple and bake in moderate oven for about 35 minutes or until sponge is golden brown.



## *Frosty Pine Soufflé*

**Serves: 6**

3 eggs, separated	1 × 425 g (15 oz) tin
½ cup sugar	crushed pineapple, reserve
½ teaspoon cinnamon	syrup
450 ml (¾ pint) milk	¾ cup whipped cream
1 tablespoon gelatine	

### **Garnish**

cinnamon sugar

Prepare soufflé dish by cutting a double strip of greaseproof paper to fit around dish, and to come up the sides leaving 10 cm (4") above the dish. Lightly oil inside of paper and secure with string.

Beat egg yolks, sugar and cinnamon until creamy. Pour over warmed milk. Cook over low heat until mixture thickens but do not boil. Cool over a basin of icy water. Moisten gelatine in pineapple syrup and dissolve over hot water then cool. Add custard to gelatine when both are similar temperatures. When nearly set fold through crushed pineapple, whipped cream and stiffly beaten egg whites. Pour mixture into soufflé dish. Chill until set. Remove paper and serve garnished with cinnamon sugar.

## *Pineapple Malt Squares*

**Makes: 24 squares**

Cooking time: 35 minutes

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

185 g (6 oz) butter	1 cup self-raising flour
1 tablespoon caster sugar	pinch salt
½ cup Nestlé Malted Milk powder	½ teaspoon cinnamon
3 eggs	5 cups crushed pineapple (well drained)

Soften butter. Combine all ingredients and beat until creamy. Spoon into a well greased 20 cm × 20 cm (8" × 8") tin. Bake in a moderate oven 35 minutes. Serve hot with custard or cold sprinkled with icing sugar.

## *Pineapple Rice Custard*

Serves: 6

Cooking time: 1 hour

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

3 eggs

3 tablespoons sugar

600 ml (1 pint) milk

1 cup cooked rice

1 × 439 g (15½ oz) can  
crushed pineapple (well  
drained)  
cinnamon

Beat eggs and sugar until creamy. Add milk and stir. In ovenproof dish press pineapple around sides and place rice in base. Spoon custard over rice and pineapple. Pour 5 cm (2") of water into a baking dish and place casserole in baking dish. Bake in a moderate oven for 1 hour.

## *Mango Mousse*

Serves: 6

1 × 425 g (15 oz) can  
mango slices

1 tablespoon gelatine

¼ cup water

1 tablespoon pineapple  
juice

¾ cup sugar

2½ cups cream

Drain mango slices. Reserve a few for decoration. Mash remaining mangoes to purée. Sprinkle gelatine over water. Dissolve over hot water. Add gelatine to mango purée with pineapple juice and sugar.

Whip cream, and fold into mango mixture then spoon into individual serving dishes or a large serving dish. Refrigerate until set and decorate with reserved mango slices.

## *Tahitian Delight*

**Serves: 8**

**Cooking time: 1 hour**

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

1 large pineapple, peeled  
cored and diced

1 large paw paw, peeled,  
seeds removed and diced

2 mangoes, peeled and  
stoned and sliced

6 bananas, peeled and  
chopped

½ cup arrowroot

1 cup light brown sugar  
whipped cream to serve

Mix all fruits together and blend in liquidiser or blender. Strain resulting fruit through a sieve. Blend arrowroot with a small amount of the fruit purée until smooth. Finally, mix all ingredients together, pour into a large buttered casserole dish and bake in a moderate oven for 1 hour or until top is set. Cool, cover with clear plastic and chill 3–4 hours or overnight. Delicious served in individual dishes with whipped cream.

## *Indonesian Fruit Salad*

**Serves: 6–8**

4 bananas, peeled and sliced  
1 small paw paw, peeled,  
cubed, seeds removed

1 small pineapple, peeled,  
cored and cubed (tinned  
may be used)

## Sauce

- 1 cup sugar
- 1 cup water or juice from tinned pineapple

Combine sliced bananas, pineapple and paw paw. Boil sugar and water until sugar is dissolved but sauce is still thin, then pour over fruit. Chill before serving.

## *No Bake Pavlova*

Serves: 6

- |  |   |
|--|---|
| 1 tablespoon gelatine                                    | ½ cup sugar   |
| ½ cup cold water   | ½ quantity of Indonesian fruit salad (see recipe p. 126) or bananas, tinned mangoes, pears, chopped dates |
| 1 cup evaporated milk                                    |   |
| 2 egg whites   |   |
| 1 teaspoon grated dried pineapple or 1 teaspoon cinnamon |   |

Soak gelatine in cold water 10 minutes. Heat evaporated milk in a double saucepan until boiling. Pour over gelatine, stir until dissolved. Add egg whites, sugar, grated dried pineapple or cinnamon. Allow to cool and whip or beat until white and thick. Pour into a 23 cm (9") springform pan and allow to set. Cover with whipped cream and top with fruit.

## *Yoghurt Honey Cream*

**Serves: 4**

- |  |   |
|--|---|
| 1 × 500 g (1 lb) carton<br>plain yoghurt | 30 g (1 oz) chopped unsalted<br>peanuts |
| 2 tablespoons honey                      | 1 teaspoon cinnamon                     |
| ½ cup chopped dates                      |   |

Mix all ingredients together and serve as a topping for fruits or puddings or for a refreshing breakfast.

## *Mango Cheesecake*

**Serves: 8-10**

- |                     |   |
|---------------------|---|
| 125 g (4 oz) butter | 250 g (8 oz) Arnotts' Milk<br>Arrowroot biscuits, crushed |
| 1 teaspoon cinnamon |   |

### **Filling**

- |                              |   |
|------------------------------|---|
| 1½ tablespoons gelatine      | 250 (8 oz) cottage cheese                                     |
| 1 tablespoon pineapple juice | 2 × 450 g (16 oz) tins<br>mango slices, drained and<br>mashed |
| ½ cup hot water              | ½ cup reserved mango juice                                    |
| ⅓ cup sugar                  | 300 ml (½ pint) sour cream                                    |
| 2 egg yolks                  |   |

### **Garnish**

- 1 cup whipped cream

Melt butter, and add to crushed biscuits and cinnamon. Press onto base and sides of a greased 20 cm (8") springform pan; chill in refrigerator.

Place gelatine, pineapple juice and hot water in blender (or electric mixer) and blend at high speed 40 seconds. Add sugar, egg yolks, cottage cheese, and blend 15 seconds (or sieve cottage cheese and beat in mixer until blended). Add ¾ cup of mango pulp, mango

juice and sour cream, blend (or beat) until well combined. Pour into prepared crumb crust and refrigerate until set.

Before serving spread reserved mango pulp over top of cheesecake and decorate with whipped cream.

## *Baked Honey Cheesecake*

**Serves:** 6-8

**Cooking time:** 40 minutes

**Oven temperature:** 200-230°C  
(400-450°F) reduce to  
180-200°C (350-400°F)

### **Pastry**

1 cup plain flour

1/3 cup fine semolina

pinch salt

90 g (3 oz) butter

1 teaspoon caster sugar

cold water

### **Filling**

375 g (12 oz) cottage cheese

3 eggs, separated

4 tablespoons honey

1 tablespoon fine semolina

3 tablespoons cream

1 tablespoon pineapple juice

1 tablespoon sugar

1 teaspoon cinnamon

Sift flour, semolina, salt. Rub in butter until of a breadcrumb consistency. Add sugar and sufficient cold water (2 teaspoons) to mix to a stiff dough, then press pastry onto floured bottom and three-quarters of the way up the sides of a 20 cm (8") springform pan using floured fingers. Chill until filling is ready.

Sieve cheese. Add egg yolks, honey, semolina, cream and pineapple juice. Beat well. Fold in beaten egg whites and pour into pastry. Sprinkle with sugar and cinnamon and bake in a hot oven for 10 minutes. Reduce heat to moderate and bake a further 30 minutes or until set.

## *Foamy Chocolate Mousse*

**Serves: 4-6**

1½ tablespoons gelatine  
3 tablespoons water  
3 tablespoons Cadbury  
Bournville Cocoa

¾ cup sugar  
1 × 410 g (13 oz) can  
evaporated milk, chilled  
icy cold

Place gelatine and water into a saucepan and leave to soak a few minutes. Place over low heat and stir until dissolved. Stir in cocoa and sugar, remove from heat and cool. Whip evaporated milk until thick and gradually add cocoa mixture, whipping continuously. Chill in refrigerator.

## *Caribbean Custard*

**Serves: 4**

1 tablespoon cornflour  
600 ml (1 pint) milk  
2 eggs  
2 tablespoons sugar  
15 g (½ oz) butter

3 tablespoons Nestlé Malted  
Milk powder  
3 bananas, sliced  
1 tablespoon pineapple juice

Blend cornflour with a little of the cold milk. Whisk eggs, and heat milk until almost boiling. Combine cornflour, eggs, sugar, butter and malted milk. Add milk slowly. Pour into a double boiler. Return to heat and stir constantly until thickened. Soak the chopped bananas in pineapple juice and add to custard. Pour into a serving dish and chill.

## *Baked Rice Pudding*

**Serves: 6-8**

Cooking time: 1½ hours

Oven temperature: 160-180°C  
(325-350°F)

2/3 cup rice  
600 ml (1 pint) milk  
400 ml (2/3 pint) water  
1/3 cup sugar

1/2 teaspoon salt  
1 tablespoon butter  
cinnamon sugar for topping

Rinse rice and place in greased casserole dish with other ingredients. Sprinkle with cinnamon sugar. Bake in moderately slow oven for 1 1/2 hours or until rice is cooked, stirring occasionally.

## *Baked Rice Caramel Mould*

**Serves: 6**

**Cooking time:** 20 minutes

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

### **Caramel**

1/2 cup sugar

1/4 cup water

### **Rice Filling**

1/2 cup long grain rice

1/4 teaspoon cinnamon

2 cups milk

1/2 cup cream

1/3 cup sugar

2 eggs, separated

1/4 cup chopped dates

whipped cream to serve

Line mould with greaseproof paper (20 cm (8") sponge tin). Place sugar and water in saucepan and shake pan slowly over a low heat until sugar is completely dissolved. Turn up the heat and cook until syrup turns a light golden colour. Remove from heat immediately. Tip into mould and turn until sides are coated. (Hold with a tea towel since mould becomes quite hot.) When completely coated and caramel is no longer running, leave aside to set.

Wash rice and place in saucepan with milk. Cook gently until all milk is absorbed and rice is soft. Remove, add sugar, dates, cinnamon and cream. Add egg yolks, one at a time. Beat whites until stiff and fold through. Turn into caramel mould. Stand in



a dish of water and bake in a moderate oven until just set, about 25-30 minutes. Leave to stand 10-15 minutes, and turn out gently. Serve with whipped cream. (Stewed pears go down well with this one.)

## *Tapioca Cream*

**Serves: 4**

¼ cup seed tapioca  
600 ml (1 pint) milk

¼ cup sugar  
2 eggs, separated

Combine tapioca and milk in top of a double saucepan. Bring to boil then cook over low heat 30 minutes or until tapioca is soft, stirring occasionally. Add sugar. Add well beaten egg yolks gradually. Cook a few minutes stirring constantly. Beat egg whites until soft peaks form. Add hot tapioca mixture gradually to egg whites beating constantly.

*Note: This dish can be served as it is, or topped with stewed pears or sliced bananas.*

## *Delicious Dessert Sponge*

**Serves: 6**

Cooking time: 1 hour

Oven temperature: 150°C  
(300°F)

4 eggs  
½ cup sugar  
3 level tablespoons self-  
raising flour  
¼ teaspoon salt

2 tablespoons pineapple juice  
1 cup sour cream  
1 cup cottage cheese  
¼ cup melted butter

### **Garnish**

sweetened whipped cream

Beat egg yolks until thick and lemon coloured. Add the sugar gradually, beating well. Stir in the flour, pineapple juice, salt, sour cream, cottage cheese and butter. Beat until almost smooth. Pour the mixture into a greased casserole, bake in a slow oven for 1 hour or until set. Serve topped with whipped cream.

## *Chocolate Sauce Pudding*

**Serves: 4**

Cooking time: 45 minutes

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

½ cup self-raising flour

¼ teaspoon salt

90 g (3 oz) sugar

1 tablespoon melted butter

1 tablespoon Cadbury

Bournville Cocoa

¼ cup milk

### **Sauce**

½ cup brown sugar

210 ml (7 fl oz) very hot  
water.

1 tablespoon Cadbury

Bournville Cocoa

Sift flour, salt, sugar and cocoa into a bowl. Stir in the milk and butter. Mix ingredients for sauce together and pour into a casserole dish. Put the cake mixture over the sauce. Bake in a moderate oven for 45 minutes.

## *Golden Cinnamon Pudding*

**Serves: 4**

30 g (1 oz) butter

1 tablespoon golden syrup

½ cup sugar

½ teaspoon bicarbonate of  
soda

½ cup milk

1½ cups self-raising flour  
1 teaspoon cinnamon  
pinch salt

1 tablespoon golden syrup  
extra

Combine butter, golden syrup and sugar in a saucepan. Stir over low heat until sugar is dissolved, cool slightly. Sift flour, cinnamon and salt into a basin, make a well in the centre, and add syrup mixture and soda which has been dissolved in the milk. Beat until smooth. Spoon extra golden syrup over the base of a well greased 1½ litre (2½ pint) pudding basin, pour over the pudding mixture. Cover with greaseproof paper and greased lid. Steam 1 hour.

## *Grandma's Ice Cream\**

2 teaspoons gelatine  
4 tablespoons sugar  
1 tablespoon butter  
¼ cup pineapple juice  
3 cups fresh milk

1 cup full cream powdered  
milk  
½ teaspoon white malt  
vinegar  
pinch salt

Place gelatine, sugar, butter and pineapple juice in a small saucepan. Melt thoroughly over a low heat. Stand saucepan aside and allow gelatine mixture to cool but not set. Warm milk and beat in powdered milk. Add melted ingredients and whip for 5 minutes. Pour into refrigerator trays and freeze.

### **Variation**

Add 3 mashed bananas after whipping second time.

OR

Add 2 tablespoons Cadbury Bournville Cocoa to saucepan and mix with gelatine, sugar, butter and pineapple juice.

## *Ice Cream Variations*

Fold the following through softened basic ice cream then return to freezer.

**Choc-o-nut**

- 1 cup grated homemade chocolate (see recipe p. 183)
- 1 cup chopped peanuts

**Peanut Brittle Crunch**

- 1 cup crushed peanut brittle (see recipe p. 186)

**Honey**

- ½ cup clear honey, drizzled

**Banana**

- 2 large bananas, sliced
- 60 g (2 oz) butter
- 2 teaspoons pineapple juice
- 1 tablespoon sugar

Cook sliced bananas in butter until soft then mash together with pineapple juice and sugar.

**Cassata**

- ½ cup finely chopped dried pineapple
- ½ cup finely chopped dried pears
- 1 cup grated homemade chocolate (see recipe p. 183)
- ½ cup chopped unsalted peanuts

## *Snowballs*

**Serves: 4**

- 4 large scoops homemade ice cream (see recipe pp. 134–5)
- 2 cups fine homemade cake crumbs
- 1 quantity of fudge sauce (see recipe p. 115)

Round off the ice cream scoops, roll in cake crumbs and top with sauce.

**Variations**

- Crunchy Snowballs:* Substitute crushed cornflakes for cake crumbs.
- Chocolate Snowballs:* Substitute grated homemade chocolate for cake crumbs (see recipe p. 183) and serve with tinned pears.

# Better Batters

## *Pancake Mixture\**

**Makes: 8-10 pancakes**

1 cup self-raising flour  
or plain flour  
pinch salt

1 egg  
300 ml (½ pint) milk  
butter to fry

Sift flour and salt and add whole egg. Beat gradually, adding milk until thick and smooth. Mix in the remainder of milk and allow to stand for 1 hour. Heat frying pan and rub lightly with butter. Pour 2-3 tablespoons of mixture onto pan and cook until brown underneath and bubbling on top. Turn to brown and repeat until mixture is used. Serve with one of the suggested toppings.

*Note: Pancakes can be made in advance, filled if desired, rolled and brushed with melted butter. Reheat on a greased oven tray 5 minutes. Alternatively, allow to cool, stack with a piece of greaseproof paper between each one and freeze until required.*

## *Pancake Filling Ideas*

*Cottage Cheese:* 250 g (8 oz) cottage cheese  
3 tablespoons caster sugar  
1 teaspoon cinnamon

- Jam:* homemade jams (see recipes pp. 165-9)  
whipped cream
- Sauces:* choose from homemade chocolate, pineapple,  
(see recipes pp. 114-15) and homemade ice  
cream (see recipe p. 134)
- Banana Whip:* 60 g (2 oz) butter  
90 g (3 oz) icing sugar  
1 teaspoon pineapple juice  
2 bananas mashed  
Cream butter and sugar. Add pineapple juice  
and mashed bananas.
- Honey:* Drizzle with honey and serve with homemade  
ice cream (see recipe p. 134)
- Golden Syrup:* Drizzle with golden syrup and serve with  
homemade ice cream (see recipe p. 134)

## *Yorkshire Pudding*

**Serves: 6**

Cooking time: 20-25 minutes      Oven temperature: as for beef

1 cup plain flour  
pinch salt  
1 egg

300 ml (½ pint) milk  
1 to 2 tablespoons dripping  
from roast

Sift flour and salt into basin. Make a hollow in centre and add egg. Beat egg into flour and gradually add milk, beating constantly and incorporating flour from sides of bowl. When a thick batter is formed, beat well about 5 minutes. Stir in remaining milk. Cover and refrigerate 30 minutes. Place dripping from roasting meat in small baking dish and heat. When dripping is very hot add the batter and bake 20 to 25 minutes. Serve with roast beef.

## *Pikelets\**

1 cup self-raising flour	1 egg
pinch salt	½ cup sour milk (or fresh milk and 1 teaspoon white malt vinegar)
½ teaspoon bicarbonate of soda	1 tablespoon butter
3 tablespoons sugar	

Sift dry ingredients and add sugar. Mix to a smooth batter with egg and milk. Add melted butter. Heat and grease frying pan and drop batter by spoonful onto pan. Cook until bubbly on top and light brown underneath then turn and cook other side.

## *Golden Pikelets\**

1¼ cups self-raising flour	1 tablespoon golden syrup
2 eggs	½ cup milk
¼ cup sugar	

Sift flour. Beat eggs with sugar until lemon coloured. Beat in golden syrup. Fold flour into mixture alternately with milk. Batter should be of a medium consistency, you may need to add more milk. Set batter aside for 1 hour. Drop by spoonfuls onto hot greased griddle. Cook until bubbles burst on top, then turn. Serve hot and buttered with golden syrup.

## *Cheesy Pikelets\**

½ cup self-raising flour	1 medium onion, finely chopped
½ teaspoon salt	125 g (4 oz) very finely grated block cheddar cheese
1 tablespoon butter	
4 eggs	

Sift together flour and salt. Heat butter in pan and fry onion until golden. Beat eggs until thick, add grated cheese. Gently stir in flour and onion, mixing thoroughly. Heat well buttered frying pan and drop mixture in by spoonfuls. Cook until golden brown both sides and serve at once, hot and buttered.

## *Doughnuts*

1½ teaspoons butter	approximately 1 cup milk
2 cups self-raising flour	oil for deep frying
2 tablespoons sugar	cinnamon sugar

Rub butter into sifted flour. Add sugar and just enough milk to make a thick batter. Heat oil for deep frying. Place doughnut iron in oil. Allow to become heated and well greased inside. When heated empty oil from iron and pour in a small amount of batter. Lower into oil. When batter has puffed up, turn the iron over to release the doughnut and cook until golden, turning if necessary. While still hot, roll in cinnamon sugar.

*Note: If you do not have a doughnut iron drop spoonfuls of batter into very hot oil. Cook turning occasionally until golden. Dust with cinnamon sugar.*

## *Basic Waffles\**

2 eggs	pinch salt
1 tablespoon sugar	2 cups self-raising flour
¾ cup milk	2 tablespoons cornflour
½ cup water	125 g (4 oz) butter

Separate eggs. Beat yolks and sugar together. Add milk and water. Beat again. Add sifted dry ingredients. Pour in melted butter. Beat well. Fold in stiffly beaten egg whites. Allow batter to stand 10 minutes. Spoon into hot, greased waffle iron, cook 5 minutes or until golden brown and crisp. Serve with sauce of your choosing and/or ice cream.



*Notes: Waffle batter should be of a reasonably thin consistency. The waffle iron should be very hot and well greased.*

*Omit sugar from the basic waffle recipe if using a savoury sauce.*

**Variations:** filling suggestions as for pancakes (see recipes pp. 136-7).

## *Cheese Waffles\**

2 cups plain flour	2 tablespoons grated
3 teaspoons baking powder	block cheddar cheese
½ teaspoon salt	1 tablespoon melted butter
1 cup milk	3 egg whites
3 egg yolks	

Mix and sift dry ingredients. Heat milk, add cheese and allow it to melt. Add egg yolks to cooled milk and cheese and beat well. Add dry ingredients and melted butter. Fold in stiffly beaten egg whites. Bake in hot, greased waffle iron until brown.

## *Fruit Fritters*

3 tablespoons plain flour	½ cup water
2 tablespoons self-raising flour	1 teaspoon white malt vinegar
pinch salt	bananas, peeled and chopped or pineapple, peeled, cored and diced
1 tablespoon full cream powdered milk	

Sift dry ingredients into basin. Make well in centre. Gradually stir in water and vinegar. Beat until smooth. Stand at room temperature 1 hour. Deep fry banana or pineapple dipped in batter in hot oil. Drain and dust with icing sugar.

## *Fritter Batter for Fruit*

6 tablespoons plain flour	pinch salt
1 tablespoon oil	approximately 5 tablespoons
1 egg, separated	tepid water

Mix sifted flour and salt gradually with water. Beat in oil and egg yolks until batter is smooth. Leave to stand at room temperature for 2 hours. Then whisk egg white and fold into batter.

## *Fritter Batter for Fish, Meat*

4 cups plain flour	1 tablespoon oil
1 teaspoon salt	1-1¼ cups hot water
1 egg	

Sift flour and salt into basin. Make a well in centre, add beaten egg and oil. Add enough hot water to make a coating batter. Beat until smooth. Drop fish or meat into batter, coat thoroughly and fry in deep hot oil until golden.

# Roll It Out

## *Shortcrust Pastry*

**Enough to line top and bottom of a 23 cm (9") pie plate**

2 cups plain flour	125 g (4 oz) butter
1 teaspoon baking powder	1 teaspoon pineapple juice
pinch salt	4 tablespoons cold water

Sift flour, baking powder and salt into a basin. Rub in the butter and mix to a firm dough with pineapple juice and cold water. Turn out onto a floured surface and knead slightly until smooth. Roll out and use as required. Bake in a moderate oven.

**Variation:** For sweet pies add 2 tablespoons caster sugar to pineapple juice.

## *Double Crust Pastry*

**Enough for top and bottom of 18 cm–23 cm (7" to 9") pie plate**

1½ cups self-raising flour	185 g (6 oz) butter
1½ cups plain flour	⅓ cup cold water
pinch salt	

Sift flours and salt together. Rub in butter until mixture resembles coarse crumbs. Make a well in the centre, add sufficient water to form a firm dough, knead lightly and chill until ready to use. Roll out and use as desired.

## *Sour Cream Pastry*

**Makes enough for a 25 cm (10") flan base**

Cooking time: 25 minutes

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

This is a light, fine pastry which can be made and refrigerated for days. It is good for any savoury flan as it has a slightly flaky texture.

1 cup plain flour  
pinch salt

125 g (4 oz) butter  
2 tablespoons sour cream

Sift flour and salt into a large basin. Cut in the butter using 2 knives until a crumbly mixture forms, then add sour cream. Mix well and knead lightly. Roll out thinly and press into a lightly greased flan tin. Prick the base, and bake blind (line with greaseproof paper and fill with rice). Bake in a moderate oven until set, about 25 minutes. Remove paper and rice. Return to the oven for a couple of minutes to dry out the case.

## *Quick Puff Pastry*

**Enough for top and bottom of a 23 cm (9") pie plate**

250 g (8 oz) plain flour  
¼ teaspoon salt  
185 g (6 oz) butter

2 tablespoons water  
1 teaspoon pineapple juice

Sift flour and salt into basin. Cut butter into flour, then chop with a knife. Mix into dough with water and pineapple juice. Roll out very thinly, fold over 3 times and roll out 3 times.

# The Sweet Tooth

## cakes and icings

### *Foundation Butter Cake\**

Cooking time: 45–50 minutes      Oven temperature: 180–200°C  
(350–400°F)

2½ cups self-raising flour	1 egg
pinch salt	1 cup milk
¾ cup sugar	60 g (2 oz) melted butter

Sift flour and salt into a mixing bowl, add sugar. Beat egg and milk together, add to dry ingredients gradually, mixing until smooth. Stir in melted butter. Turn into a greased, deep 17 cm (7") round cake tin. Bake in a moderate oven 45–50 minutes.

### *Date and Banana Loaf\**

Cooking time: 1 hour      Oven temperature: 180–200°C  
(350–400°F)

125 g (4 oz) butter	1 cup mashed bananas
½ cup brown sugar, firmly packed	1 cup rolled oats
1 large egg	1 cup wholemeal self-raising flour
2 teaspoons pineapple juice	1 teaspoon baking powder
½ cup plain yoghurt (or evaporated milk)	½ teaspoon salt
	¾ cup chopped dates

Preheat oven to 180–200°C (350–400°F). Cream butter and sugar until light and fluffy. Beat in egg and pineapple juice. Combine bananas and yoghurt together, stirring lightly. Fold in oats. Sift flour, baking powder and salt. Fold sifted flour into creamed mixture alternately with banana mixture. Stir in the dates. Turn into a large lined and greased loaf tin and bake in a moderate oven for 1 hour. Cool in the tin for 10 minutes before turning out of tin.

## *Banana Bread\**

Cooking time: 1¼ hours

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

125 g (4 oz) butter

¾ cup caster sugar

2 eggs

4 level tablespoons Nestlé  
Malted Milk powder

½ teaspoon bicarbonate of  
soda

2 cups plain flour

1 cup mashed bananas (about  
3 medium size)

2 tablespoons evaporated milk

3 teaspoons white malt  
vinegar

½ teaspoon salt

Cream butter and sugar. Add eggs one at a time. Sift malted milk, flour, salt and bicarbonate of soda together. Combine bananas, evaporated milk and vinegar. Add dry ingredients alternately with banana mixture, to creamed mixture. Mix well. Turn into a greased loaf tin and bake in a moderate oven approximately 1¼ hours. Cool before cutting.

## *Malted Caramel Cake\**

Cooking time: 25–30 minutes

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

125 g (4 oz) butter, softened

1 cup brown sugar, firmly  
packed

2 eggs

½ cup Nestlé Malted Milk  
powder

3 tablespoons full cream  
powdered milk

1 tablespoon honey  
1½ cups self-raising flour  
1 teaspoon baking powder

½ cup water  
malted frosting  
(see recipe p. 153)

Combine all ingredients and beat until smooth and creamy. Pour into 2 well greased and lined 18 cm (7") sandwich tins. Bake in a moderate oven 25–30 minutes. Fill and cover sides and top when cold with malted frosting.

## *Cheesecake Topped Cake*

Cooking time: 30–35 minutes

Oven temperature: 190–200°C  
(375–425°F) reduce to  
180–200°C (350–400°F)

90 g (3 oz) butter  
½ cup icing sugar  
2 tablespoons milk or cream

1 cup self-raising flour  
1 egg yolk

### **Filling**

250 g (8 oz) cottage cheese,  
sieved or blended  
2 egg yolks

3 egg whites  
30 g (1 oz) butter  
½ cup caster sugar

### **Decoration**

150 ml (¼ pint) whipped cream    cinnamon sugar

Beat together butter and sugar until light and fluffy. Add unbeaten egg yolk, mix in lightly. Gradually stir in sifted flour. Add milk or water and mix well until a stiff consistency. Spread into a greased and lightly floured 20 cm (8") springform pan. Bake in a moderately hot oven 15 minutes or until pale golden. Remove from oven.

Beat cottage cheese, egg yolks, softened butter and sugar until smooth. Fold in stiffly beaten egg whites. Spoon cream cheese mixture over cooked case. Return to moderate oven and bake 15–20 minutes. Remove.

## Honey Cake

Cooking time: 50 minutes

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

1 carton sour cream  
½ cup brown sugar  
1 tablespoon butter, melted  
2 cups plain flour

½ teaspoon cinnamon  
1 level teaspoon bicarbonate  
of soda  
2 tablespoons honey

### Topping

5 level tablespoons icing  
sugar, sifted

2 level tablespoons butter  
3 level teaspoons honey

Preheat oven to 180–200°C (350–400°F). Beat sour cream and sugar until dissolved. Add butter, sifted dry ingredients and honey. Mix well until thoroughly blended. Pour into a greased 20 cm (8") square cake tin. Bake for 50 minutes.

Place all ingredients for topping in a saucepan and blend until smooth over a low heat. Pour topping over cake while both are still warm.

## Cinnamon Teacake\*

Cooking time: 30–40 minutes

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

1 cup self-raising flour  
pinch salt  
2 tablespoons powdered milk  
1 teaspoon cinnamon  
½ cup sugar  
30 g (1 oz) butter

1 egg  
½ cup cold water  
15 g (½ oz) butter extra  
1 tablespoon sugar extra  
1 teaspoon cinnamon

Sift flour, salt, powdered milk, cinnamon, sugar into basin. Melt butter. Add beaten egg and water. Make a well in centre of dry ingredients. Add butter mixture and mix until smooth. Pour into



greased and lined a) small bar tin and bake in a moderate oven 40 minutes or b) small sandwich tin, bake for 30 minutes. Turn cake onto cooler and while hot brush top with extra butter and sprinkle with extra sugar and cinnamon.

## *Moist Gingerbread*

Cooking time: 1 hour 10 minutes

Oven temperature: 150°C (300°F)

4 level tablespoons golden syrup  
4 level tablespoons black treacle  
7 tablespoons oil  
125 g (4 oz) light brown sugar  
150 ml (¼ pint) milk

250 g (8 oz) plain flour  
½ level teaspoon bicarbonate of soda  
½ level teaspoon salt  
3 level teaspoons ground ginger  
1 egg

Place syrup, treacle, oil, sugar and milk in a saucepan. Stir over heat about 5 minutes until the sugar dissolves. Allow the mixture to cool.

Sift the dry ingredients and add alternately with the egg. Beat 2 minutes. Pour mixture into a buttered and lined with greaseproof paper 20 cm (8") square tin. Bake in a slow oven, 150°C (300°F) for 1 hour and 10 minutes. Allow to cool before cutting.

## *Bran Bread*

Cooking time: 40–45 minutes

Oven temperature: 200°C (400°F)

1 cup bran  
1 cup wholemeal flour

½ teaspoon bicarbonate of soda

½ cup dates	1 egg
1 teaspoon baking powder	½–¾ cup buttermilk
½ teaspoon salt	¼ cup golden syrup

Mix bran, flour, dates, baking powder, bicarbonate of soda and salt. Beat the egg well and stir into the buttermilk and golden syrup. Add all at once to the flour and stir until it is moist. Place mixture into a buttered 23 cm × 12 cm (9" × 5") loaf tin and bake in a moderately hot oven 40–45 minutes. Serve sliced with butter.

## *Pineapple Upside Down Cake*

Cooking time: 40 minutes

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

90 g (3 oz) butter	pinch salt
½ cup sugar	1 tablespoon pineapple syrup (reserved from can)
1 egg	2 tablespoons milk
½ teaspoon cinnamon	
1¼ cups self-raising flour	

### **Topping**

30 g (1 oz) butter, softened	425 g (15 oz) can pineapple pieces
¼ cup brown sugar, firmly packed	

Cream butter, add sugar and beat until light and fluffy. Add lightly beaten egg. Beat well. Fold in sifted dry ingredients alternately with combined syrup and milk.

Blend softened butter with brown sugar and spread over base of greased 25 cm × 8 cm (10" × 3") bar tin. Drain pineapple pieces and arrange decoratively over brown sugar mixture. Spread cake mixture over. Bake in a moderate oven 40 minutes. Allow to stand 5 minutes before turning out carefully onto a wire rack.

## *Devils Food Cake\**

Cooking time: 35 minutes

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

1 tablespoon white malt  
vinegar  
1 cup evaporated milk  
1½ cups plain flour  
pinch salt  
½ cup Cadbury Bournville  
Cocoa

1 teaspoon cinnamon  
1½ teaspoons bicarbonate of  
soda  
1¼ cups caster sugar  
140 g (4½ oz) butter, melted  
2 eggs

### **Chocolate Frosting**

⅓ cup evaporated milk  
4 cups sifted icing sugar  
¼ teaspoon salt

¼ cup Cadbury Bournville  
Cocoa  
60 g (2 oz) butter

Lightly grease 2 deep 20 cm (8") cake tins. Line bases with greaseproof paper. Add vinegar to evaporated milk to sour it. Sift flour, salt, cinnamon, bicarbonate of soda and sugar. Pour in melted butter and ½ cup sour evaporated milk. Beat well for 2 minutes, add remaining ingredients and beat a further 2 minutes. Bake in a moderate oven for 35 minutes. Allow to cool slightly before removing from the tin.

Blend ⅓ cup evaporated milk, icing sugar, salt and cocoa until smooth. Add butter, beating until creamy. Spread over bottom cake, sandwich the two together and spread over the top of the cake.

## *Chocolate Cake\**

Cooking time: 30–35 minutes

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

2 tablespoons Cadbury  
Bournville Cocoa

½ cup milk  
1 egg

¼ cup boiling water  
1½ cups self-raising flour  
1 teaspoon cinnamon  
pinch salt  
1 cup caster sugar

60 g (2 oz) butter  
Chocolate glacé icing  
(see recipe p. 152) or  
Chocolate butter cream  
(see recipe p. 154)

Blend cocoa with boiling water. Cool. Sift dry ingredients into basin. Make well in centre. Add combined milk, beaten egg, melted butter and cocoa mixture. Beat until smooth. Pour into greased lamington tin and bake in a moderate oven for 30–35 minutes. When cold, top with chocolate glacé icing or chocolate butter cream.

## *Banana Slices*

**Makes about 16**

Cooking time: 25 minutes

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

60 g (2 oz) butter  
1 small banana  
1 egg  
1 cup wholemeal self-raising  
flour

½ teaspoon cinnamon  
½ cup sugar  
¼ cup milk  
¼ cup chopped unsalted  
peanuts

### **Pineapple Icing**

15 g (½ oz) melted butter  
1 teaspoon hot water

1 tablespoon pineapple juice  
¾ cup icing sugar

Cream butter well. Combine with peeled, mashed banana. Beat 2 minutes. Add egg and beat well. Sift flour, cinnamon and sugar together. Mix sifted flour into creamed mixture alternately with milk. Stir in chopped nuts. Fill into well buttered shallow 20 cm (8") square tin. Bake in a moderate oven 25 minutes or until cooked. While warm top with icing. Cut into slices to serve.

For the icing combine melted butter with hot water and pineapple juice. Blend in sifted icing sugar, mix to a smooth consistency.

## *Tropical Fruit Cake*

Cooking time: 1½ hours

Oven temperature: 180–200°C  
(350–400°F) reduce to  
160–180°C (325–350°F)

155 g (5 oz) butter	1 cup chopped dried pears
1 cup water or ½ cup water + ½ cup pineapple juice	1 cup chopped dried paw paw
1 cup sugar	2 eggs
1 teaspoon cinnamon	½ teaspoon bicarbonate of soda
1 cup chopped dates	1 cup chopped peanuts
1 cup chopped candied pineapple pieces	1¼ cups plain flour
	1 cup self-raising flour

Combine in a saucepan butter, water, sugar, cinnamon, all dried and chopped fruit. Bring to boil, simmer 3 minutes. Allow to cool completely. Beat eggs, add bicarbonate of soda, mix into cooled fruit mixture. Add chopped peanuts, and sifted flours. Mix all together well. Fill into greased and lined 20 cm (8") tin. Bake in a moderate oven 30 minutes. Reduce heat to moderately slow, and continue cooking another 1 hour or until cake is firm to touch and a thin skewer comes out clean.

## *Chocolate Glacé Icing*

1 tablespoon Cadbury Bournville Cocoa	1 cup icing sugar
½ teaspoon butter, soft	1 to 2 tablespoons water

Sift icing sugar and cocoa into basin. Add butter and enough water to give a stiff paste. Heat mixture over hot water stirring constantly until of a spreading consistency.

## *Chocolate Frosting*

90 g (3 oz) icing sugar	45 g (1½ oz) butter
30 g (1 oz) Cadbury Bournville Cocoa	2 tablespoons water 60 g (2 oz) caster sugar

Sift icing sugar, cocoa in basin. Measure butter, water and caster sugar into a saucepan. Set over low heat and stir well, until sugar has dissolved and the butter melted. Bring just to the boil, then draw off the heat and pour at once into the sifted ingredients. Beat with wooden spoon until mixture is smooth, then allow to cool, stirring occasionally until frosting is thick enough to coat the back of a wooden spoon.

## *Malted Frosting*

125 g (4 oz) soft butter	1 cup sifted icing sugar
3 level tablespoons Nestlé Malted Milk Powder	1 tablespoon reduced cream 1 teaspoon pineapple juice

Cream butter and sugar until white and fluffy. Gradually add malted milk and cream, and pineapple juice.

## *Mock Cream*

250 g (8 oz) unsalted butter	1 tablespoon boiling water
60 g (2 oz) caster sugar	¼ cup evaporated milk

Cream butter and sugar together until light and creamy. Add 1 tablespoon boiling water and continue beating. Add the evaporated milk a little at a time, and continue beating until of a creamy consistency.

## *Chocolate Butter Cream*

125 g (4 oz) butter	1 tablespoon Cadbury
170 g (6 oz) icing sugar	Bournville Cocoa

Cream all ingredients together until soft and fluffy.

## *Seven Minute Frosting*

3 egg whites	6 tablespoons water
2¼ cups caster sugar	pinch cream of tartar
pinch salt	

Combine all ingredients for frosting in a large bowl over a pan of simmering water and heat 7 minutes until thick peaks form.

# The Cookie Tin

## *Foundation Biscuit*

**Makes about 40 small biscuits**

Cooking time: 15 minutes

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

125 g (4 oz) butter

125 g (4 oz) self-raising flour

125 g (4 oz) caster sugar

125 g (4 oz) plain flour

1 egg

1 teaspoon cinnamon

Cream the butter and sugar, add egg, cinnamon, and mix thoroughly. Add sifted flours and mix to a smooth dough. Knead to a creamy consistency on a floured surface. Roll and cut as desired. Bake on a greased tray in a moderate oven for 15 minutes.

### **Variations**

*Chocolate:* Add 1 tablespoon Cadbury Bournville Cocoa.

*Pineapple:* Add 90 g (3 oz) glacé pineapple, finely chopped.

## *Cream Cookies*

**Makes: 16**

Cooking time: 20 minutes

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



125 g (4 oz) butter  
125 g (4 oz) light brown  
sugar  
185 g (6 oz) plain flour

½ teaspoon bicarbonate of  
soda  
½ teaspoon cream of tartar

### **Filling**

60 g (2 oz) icing sugar  
60 g (2 oz) butter

1 tablespoon Cadbury  
Bournville Cocoa

Cream butter and sugar. Sift dry ingredients, and mix into creamed mixture until well blended. Form into 32 small balls, and place well apart on a greased baking tray. Bake in a moderate oven for 20 minutes. Cool on a wire rack.

While cookies are in oven sift the icing sugar and cocoa. Cream the icing sugar mixture and butter until light and fluffy. When cookies are cool sandwich together in pairs with filling and leave to set.

## *Fruit Slab*

This one can be used in place of breakfast cereals in the morning.

### **Makes about 20**

Cooking time: 15–20 minutes

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

1 cup wholemeal flour  
1 cup wheatgerm  
1 cup raw sugar  
2 eggs, beaten

90 g (3 oz) melted butter  
1½ cups dried pears and  
bananas or dates, chopped

Mix together flour, wheatgerm, sugar. Mix in beaten eggs. Add butter and dried fruit. Mix well. Spread onto greased 28 cm × 18 cm (11" × 7") lamington tin. Bake in a moderate oven 15–20 minutes. Cool and cut into squares.

## *Anzacs*

**Makes about 25**

Cooking time: 20 minutes

Oven temperature: 150°C  
(300°F)

125 g (4 oz) butter  
1 tablespoon golden syrup  
2 tablespoons boiling water  
1½ teaspoons bicarbonate of  
soda

1 cup rolled oats  
¾ cup wheatgerm  
1 cup plain flour  
1 cup sugar

Melt butter and golden syrup over gentle heat. Add mixed boiling water and bicarbonate of soda. Pour into mixed dry ingredients. Blend well. Drop teaspoonfuls of mixture on greased tray. Bake in a slow oven for 20 minutes. Cool on trays a few minutes, remove and store in airtight containers.

## *Date Wraps*

**Makes about 24**

Cooking time: 15–20 minutes

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

155 g (5 oz) butter  
1 cup brown sugar  
1 egg  
1 teaspoon cinnamon  
2 cups plain flour

¼ teaspoon salt  
½ teaspoon bicarbonate of  
soda  
24 stoned dates

Cream butter, gradually add brown sugar and cream well together. Add egg and beat well. Sift dry ingredients and mix into creamed mixture to make a dough. Chill. Take small pieces of dough and mould around dates. Bake in greased oven tray for 15–20 minutes in a moderate oven.

## *Peanut Butter Crunchies*

**Makes about 30**

Cooking time: 12 minutes

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

1½ cups flour  
½ teaspoon baking powder  
½ teaspoon bicarbonate of  
soda  
¼ teaspoon salt  
½ cup peanut butter  
½ cup butter

½ cup brown sugar  
½ cup white sugar  
1 egg  
½ cup milk  
90 g (3 oz) homemade choco-  
late, chopped into small  
pieces (see recipe p. 183)

Sift flour, baking powder, bicarbonate of soda and salt. Cream butter and peanut butter. Gradually blend in sugars. Add egg and mix thoroughly. Stir in flour mixture alternately with milk. Fold in chocolate pieces. Drop by teaspoon onto greased trays. Bake in a moderate oven for 12 minutes.

## *Chocolate Crackles*

**Makes: 24**

3 tablespoons Cadbury  
Bournville Cocoa  
4 cups rice breakfast cereal  
or rice bubbles

1½ cups icing sugar  
250 g (8 oz) vegetable  
shortening

Combine dry ingredients in a mixing bowl. Melt shortening gently, cool slightly and pour onto dry ingredients. Mix well. Chill until set in paper cake containers.

## *Caramel Shortbread*

Cooking time: 20–25 minutes

Oven temperature: 150°C  
(300°F)

¾ cup plain flour

½ cup icing sugar

½ cup self-raising flour

125 g (4 oz) butter

2 tablespoons cornflour

1 egg

pinch salt

### **Topping**

⅔ cup sweetened condensed  
milk

2 tablespoons golden syrup  
60 g (2 oz) butter

Sift flours, salt and sugar together. Melt butter and add to dry ingredients. Beat egg in. Pour into a greased lamington tin and bake until light golden brown in a slow oven.

Place ingredients for topping in a saucepan and stir until butter melts and cook 5 minutes. Spread topping over cake and bake 5 minutes in a slow oven.

## *Ginger Snaps*

**Makes about 30**

Cooking time: 10–12 minutes

Oven temperature: 160°C  
(325°F)

125 g (4 oz) butter

315 g (10 oz) self-raising  
flour

2 tablespoons golden syrup

¼ teaspoon salt

185 g (6 oz) sugar

2 teaspoons ground ginger

1 egg, beaten

Butter an oven tray. Melt butter and golden syrup in a saucepan, then add the sugar and the egg. Lastly add the sifted flour, salt

and ginger. Mix well. Drop in teaspoonfuls onto tray. Bake at 160°C (325°F) until light golden brown, 10–12 minutes.

*NOTE: this mixture can also be used for gingerbread men, by using a cutter or moulding into shape. Use tiny pieces of dates for eyes, nose, mouth, buttons.*

## Honey Scones

Cooking time: 10–15 minutes

Oven temperature: 200°C  
(390°F)

1½ cups wholemeal flour

2 teaspoons sugar

2 teaspoons baking powder

2 teaspoons honey

1 tablespoon butter

milk to moisten

Sieve dry ingredients into a bowl and rub in butter. Add honey and milk to give a pliable dough. Roll out to 1 cm (½ in) thickness. Cut into rounds. Bake 10–15 minutes in a hot oven.

## Onion Biscuits

**Makes: about 18**

Cooking time: 25 minutes

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

2 medium onions

½ cup wheatgerm

250 g (8 oz) wholemeal flour

2 eggs, beaten

½ teaspoon salt

½ cup water, more if

2 teaspoons baking powder

necessary

Grate onions or purée in blender. Sift flour, salt and baking powder and add to onions. Add wheatgerm, beaten eggs and enough water to make a firm dough. Lightly flour a pastry board and roll dough out thinly. Cut out with round cutter and cook on a lightly greased oven tray in a moderate oven for 25 minutes. Serve with butter.

## *Wheatmeal Crisps*

**Makes: about 24**

Cooking time: about 15 minutes      Oven temperature: 180–200°C  
(350–400°F)

1 cup wheatmeal flour	60 g (2 oz) butter
$\frac{3}{4}$ cup plain flour	2 tablespoons milk
$\frac{1}{2}$ teaspoon salt	(approximately)
1 teaspoon baking powder	

Sift flours, salt and baking powder. Rub butter into flours. Wet with milk to make a dough. Roll out thinly and cut into fingers. Cook in moderate oven until crisp.

## *Bacon-Cheese Biscuits*

**Makes: about 25**

Cooking time: 10–12 minutes      Oven temperature: 190–220°C  
(375–425°F)

90 g (3 oz) wholemeal flour	90 g (3 oz) grated block
salt	cheddar cheese
pepper	a little water
90 g (3 oz) butter	1 egg
2 bacon rashers, finely	ground black pepper
chopped and fried	coarse salt

Sift together the flour, salt and pepper. Rub in the butter, then add the bacon and cheese. Mix well, adding a little water if necessary, to make a stiff dough. Turn out onto a floured board and roll to 1 cm ( $\frac{1}{2}$ " ) thickness. Cut into finger lengths, brush with beaten egg and sprinkle with ground black pepper and a little coarse salt. Place on a greased oven tray. Cook 10–12 minutes.

# The Larder

## spreads, jams, breakfast ideas

### *Banana and Date Spread*

90 g (3 oz) chopped dates	1 tablespoon whipped cream
pinch salt	or mayonnaise
2 ripe bananas	(see recipe p. 108)

Blend all ingredients together.

### *Peanut Butter and Banana Spread*

2 tablespoons peanut butter	1 ripe banana
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Mix both ingredients together, or slice banana over top of spread peanut butter.

### *Banana and Ham Spread*

60 g (2 oz) finely chopped ham	2 ripe bananas lettuce
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Mix together the ham and mashed bananas. Spread over buttered bread. Top with lettuce leaf and cover with second slice of bread.

**Variation:** Mix in 1 finely chopped spring onion (green part too).

## *Cheese Spread*

125 g (4 oz) grated block cheddar cheese	seasoning little milk
30 g (1 oz) butter	

Blend all ingredients together.

**Variation:** Add 1 tablespoon grated raw carrot.

## *Egg Spread*

3 hard boiled eggs, chopped seasoning	60 g (2 oz) butter
--	--------------------

Blend all together.

**Variation:** Add 2 teaspoons chopped parsley.

## *Aubergine Spread*

1 aubergine, approximately 250 g (8 oz)	white malt vinegar salt
1 small onion	2 tablespoons oil
2 hard boiled eggs	



Cut aubergine into thin slices without peeling. Fry in oil with onions until lightly browned. Pass this mixture and eggs through mincer with fine screen on medium speed OR push through sieve. Season with vinegar and salt.

## *Liver Paste*

(using liquidiser)

170 g (6 oz) calves' or pigs' liver	60 g (2 oz) butter
2 rashers of fat bacon	sliver of garlic
1 medium onion, sliced	salt
	pepper

Cut liver and bacon into small pieces. Fry onion, bacon and garlic in half (30 g (1 oz)) the butter then remove garlic. Fry liver gently until just cooked. Switch liquidiser onto minimum speed and feed in pieces of liver and bacon through the centre of the lid. Switch off, add rest of ingredients and turn to minimum speed to blend. Store in an airtight container in the refrigerator.

## *Jam Making Hints*

1. To prevent fruit pulp from sticking to the bottom of the pan, rub the bottom with a little butter before cooking.
2. To test for setting point drop a spoon of jam onto a cold plate and leave to cool. The surface should set and wrinkle when the jam is pushed with a finger.
3. Take jam off heat while testing as jam may overcook.
4. Sterilise jam jars by warming in a slow oven for 30 minutes.
5. Fill jars right to the top to allow for shrinkage during cooling.
6. To cover jam press a waxed disc evenly over the surface of the hot jam, then cover with transparent paper and place rubber band over to hold.

## *Banana Marmalade*

1 cup water  
2 cups sugar

4 bananas, peeled and cubed

Boil the water and sugar in a double boiler until the syrup will fall in a string from the spoon. Add the banana cubes and allow to cook slowly until quite thick, about 15 minutes. Place in jar, cover and use as required.

## *Date and Banana Preserve*

500 g (1 lb) dates, stoned  
and sliced in strips  
lengthways

4 bananas, peeled and sliced  
very thinly  
500 g (1 lb) sugar

Place all ingredients in heavy saucepan and allow to simmer 20 minutes, stirring and skimming well. Then boil until thoroughly thickened and of a setting consistency. Pour into jar and use as required.

## *Date and Pineapple Preserve*

1.5 kg (3 lb) dates, stoned  
and chopped

1 kg (2 lb) sugar  
2 cups crushed pineapple

Place all in a preserving pan, along with the pineapple syrup and 450 ml ( $\frac{3}{4}$  pint) of water. Allow to boil 30 minutes then simmer until the fruit is tender and sets well when a small amount is dropped on a cold saucer. Pour into jars and use as required.

## *Fig Jam*

2 kg (4 lb) figs, peeled and halved      1 kg (2 lb) sugar

Pour sugar over the fruit and allow to stand all night. Then boil until the figs are clear and the syrup is dark. Pour into jars and cover.

## *Fig and Pineapple Jam*

500 g (1 lb) dried or fresh figs, steamed until soft, or dessert figs      125 g (4 oz) crushed pineapple  
250 g (8 oz) sugar      approximately ½ cup water or pineapple juice

Place all ingredients in a heavy saucepan, bring to boil, then simmer until jam is thick and sets when dropped onto a cold saucer. Rub through a coarse sieve and return to pan to reheat before pouring into jars. Use as required.

## *Marrow Jam*

1 kg (2 lb) prepared young marrow      1 small tin crushed pineapple  
750 g (1½ lb) sugar

Peel marrow, remove pith and seeds, then cut into small cubes. Place marrow in a bowl, strew with sugar and leave overnight. Transfer the marrow and syrup to a preserving pan. Strain the juice from the tin of pineapple (use elsewhere), and add to the marrow. Bring to the boil, stirring slowly, and watching the jam closely (it is possible that the jam may become hard and sticky if overcooked). The jam should be cooked until the pineapple is soft and jam sets when tested on a spoon or cold saucer. Allow jam to cool a little. Stir to disperse the fruit, pour into jars and cover.

*Note: Excellent for tarts and pastries.*

## *Pear Jelly*

2 kg (4 lb) ripe pears, peeled, cored and quartered  
1 cup sugar for each 1 cup resulting pear juice  
½ cup water

Boil pears and water until quite soft. Pass the pulp through a sieve and retain the juice only. Boil juice and sugar together and when sufficiently thick put into jars and cover.

## *Pear Marmalade*

2 kg (4 lb) large pears, peeled, halved, cored (retain parings)  
extra water  
375 g (12 oz) sugar to each  
500 g (1 lb) fruit

Boil pears gently in just enough water to cover. When tender remove carefully from the pan. Add the parings and cores to the juice and boil until liquid is reduced by half. Strain off the liquid. Weigh the fruit and add water to make 600 ml (1 pint) liquid to every 500 g (1 lb) fruit. Add 375 g (12 oz) sugar to every 500 g (1 lb) fruit. Boil syrup until it sets well on a cold spoon, replace chopped pears and boil 5 minutes.

## *Pear and Pineapple Preserve*

1 large pineapple, peeled, eyes removed and sliced (save as much juice as possible)  
2 kg (4 lb) cooking pears, peeled, quartered and cored  
1 kg (2 lb) sugar

Pass all but sugar through a mincer. Place in preserving pan. Add sugar. Boil until clear and thick, about 30 minutes. Pour into jars and cover.

## *Pineapple Honey*

2 ripe pineapples, skinned,  
eyes removed, and minced

500 g (1 lb) sugar for each  
500 g (1 lb) of fruit

Mix sugar and fruit together and stand aside until sugar has dissolved. Place in heavy saucepan and simmer gently until clear and soft. Skim the surface, pour into jars and cover.

## *Pineapple Jam*

2 ripe pineapples, peeled,  
eyes removed, minced or  
grated

500 g (1 lb) sugar for each  
500 g (1 lb) of fruit

Place all ingredients in a heavy saucepan and heat through slowly for 20 minutes, then simmer for about 1 hour. Pour into jars and cover.

## *Pineapple Marmalade*

2 ripe pineapples, peeled,  
eyes removed, cubed

375 g (12 oz) sugar to each  
500 g (1 lb) fruit

Mix pineapple and sugar well and leave overnight in a cool place. Place in a heavy saucepan and simmer gently for 1 hour. Push through a coarse sieve. Return to pan and allow to cook until golden and transparent, about 30 minutes, or will set well.

## *Parsley Jelly*

1 kg (2 lb) freshly gathered parsley, well washed  
cold water to cover

500 g (1 lb) sugar for each 600 ml (1 pint) of resulting juice

Place washed parsley in a heavy pan and cover with water. Simmer 30 minutes, strain twice, measure juice and add 500 g (1 lb) sugar for each 600 ml (1 pint) of juice. Bring to boil again, add the sugar and stir well to dissolve. Boil rapidly for 20–25 minutes or until jelly sets.

## *Caramel for Colouring*

250 g (8 oz) white sugar  
1 tablespoon water

300 ml (½ pint) hot water

Stir sugar and cold water over a low heat until sugar becomes dark brown (but do not allow to become black). Add hot water, stir well and when cool bottle for use.

## *Yoghurt*

**Makes: 600 ml (1 pint) or 250 g (8 oz)**

600 ml (1 pint) homogenised milk  
2 tablespoons instant skim milk powder

1–2 tablespoons commercial natural yoghurt

Add the skim milk to the liquid milk, making sure there are no lumps. Heat to just below boiling point. Cool to 45°C (a drop on

back of hand should feel warm to hot). Mix yoghurt with a wooden spoon until smooth. Stir in a little of the cooled milk and when blended add the yoghurt mixture to the milk. Pour into a wide mouth vacuum flask, cover and leave undisturbed 3-4 hours. (Alternatively pour milk and yoghurt into a warmed casserole dish, cover and wrap in newspaper then a large towel to conserve the heat for 3-4 hours.)

## *Muesli*

**Serves: 10**

8 tablespoons rolled oats	125 g (4 oz) dates, stoned and chopped
4 tablespoons wheatgerm	60 g (2 oz) chopped unsalted peanuts
4 tablespoons bran	60 g (2 oz) dried pears, chopped
2 tablespoons skim milk powder	
60 g (2 oz) dried pineapple	

Combine all ingredients together and store in an airtight container until needed.

### **Variations**

fresh banana slices  
fresh paw paw cubes  
fresh pear cubes  
125 g (4 oz) figs chopped

# The Long Thirst

## *Celery Juice*

Wash celery and put through juice extractor. Do not use leaves as they make the juice bitter.

## *Carrot Juice*

Scrub carrots until skin glows. Cut into pieces to fit the juice extractor. This juice should be drunk immediately or placed in the refrigerator. Adding a few drops of pineapple juice will allow it to keep its colour for about 10 hours.

## *Beet Juice*

Cut up tender young beets and put them through a juice extractor. This makes a wine coloured juice which should be mixed with an equal quantity of pineapple juice.



## *Mango Float*

**Serves: 2**

300 ml (½ pint) cold milk                      2 tablespoons ice cream  
½ cup mashed tinned mango                      (see recipe p. 134)

Combine all ingredients and blend in liquidiser or whisk with rotary beater.

### **Variations**

*Banana and Mango:* Add 1 mashed banana.

*Pineapple and Mango:* Add ½ cup crushed pineapple.

*Paw Paw and Mango:* Add ½ cup tinned paw paw cubes, mashed.

## *Egg Nog*

**Serves: 2**

2 cups hot milk                                      1½ tablespoons Nestlé Malted  
1 tablespoon sugar                                      Milk powder  
1 egg, separated                                      cinnamon

To the hot milk add the sugar and lightly beaten egg yolk. Whip egg white until stiff, add a good pinch of cinnamon. Pour hot milk into mugs and float egg white on top.

## *Tropical Egnog*

**Serves: 2**

1 ripe banana                                      150 ml (¼ pint) chilled milk  
1 egg    150 ml (¼ pint) chilled  
1 teaspoon sugar                                      pineapple juice

Mash banana. Combine banana with beaten egg and other ingredients. Blend together thoroughly or beat with rotary beater and serve in tall glasses.

## *Banana Egg Flip* (using liquidiser)

**Serves: 2**

300 ml (½ pint) cold milk	1 fresh egg
1 small banana	few ice cubes
1 tablespoon sugar or honey	

Place all ingredients in liquidiser and blend on maximum speed for 30 seconds.

## *Milk Shakes*

**Serves: 2**

300 ml (½ pint) milk	1 scoop ice cream (see
2 teaspoons sugar or honey	recipe p. 134)

Place ingredients in liquidiser and blend 30 seconds on maximum speed or beat with a rotary beater until fluffy.

### **Variations**

*Chocolate:* 1 tablespoon Cadbury Bournville Cocoa

*Banana:* 1 banana, mashed.

## *Banana Malt Milkshake*

**Makes: 1 long delicious milkshake**

1 ripe banana	3 level tablespoons Nestlé
1 scoop ice cream (see recipe p. 134)	Malted Milk powder
cinnamon sugar	1 cup milk

Mash banana. Mix all ingredients together with a rotary beater or in a blender. Pour into chilled tall glass. Sprinkle with cinnamon sugar.

## *Chocolate Malt Drink*

**Serves: 2**

1 tablespoon Cadbury Bournville Cocoa	1 tablespoon sugar
1½ tablespoons Nestlé Malted Milk Powder	½ teaspoon cinnamon
	2 cups milk

Mix cocoa, malted milk, sugar and cinnamon with a little cold milk. Add cocoa mixture to remaining milk, then pour into a saucepan and bring to the boil. Serve hot in 2 mugs.

# Party Fare and Treats

## *Hints for Children's Parties*

The essential element of a party is the children themselves so try to remember not to over-plan. Use decorations, streamers, balloons, hats, whistles, coloured paper plates and cups to create a party mood.

Choose simple games, prompt with prizes, decide on a theme. Have you thought of a sit down dinner or perhaps a barbecue? Supply a pineapple punch or soda with ice cream. The recipes which follow are fun so it is possible to allow children to help in the preparation of the food. Use dried paw paw, homemade chocolate, wrapped in cellophane, as 'sweets'.

*Note: If your hyperactive child is invited to a party explain his diet to the hostess and send along his own party plate and drink.*

## *Hot Porcupine Dinner*

Cooking time: 1½ hours

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

- |  |  |
|--|--|
| 1 quantity of meat loaf (see recipe p. 53)     | 4 cups cooked peas                         |
| 1 kg (2 lb) potatoes, cooked and mashed        | 2 small carrot pieces for eyes, cut across |
| 2 cups lightly cooked carrot strips for spines | 1 small piece of celery for a nose         |

Mould the meat loaf into half oval shape in the loaf tin and bake as per recipe. Turn meatloaf onto a large heatproof serving dish. Cover cooked meatloaf with mashed potato. Flatten eye sections at front end and form a peaked nose. Place carrot sticks over the body for spines. Surround the 'porcupine' with cooked peas. Place round carrot pieces in position for eyes and small piece of celery on end of nose. Return the 'porcupine' to the oven and heat through before serving.

## Salmon Mornay Boats

Serves: 12

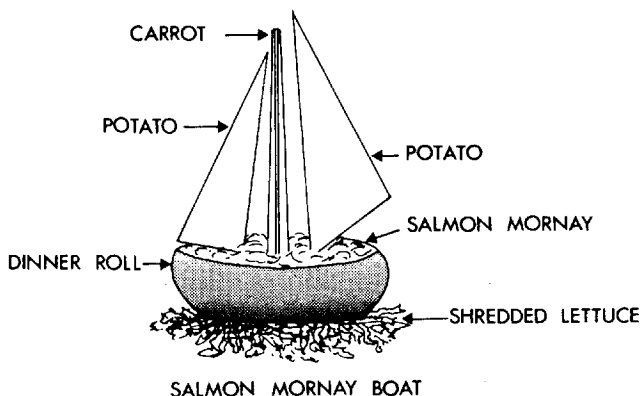
1 lettuce, shredded  
6 small dinner rolls, cut lengthwise and centres removed

1 quantity of salmon mornay (see recipe p. 20)

12 fairly thick, lightly cooked 7 cm (3'') carrot sticks

24 potato triangles, cooked but still firm

On individual plates place some shredded lettuce as the water and ½ a dinner roll (hollow side up). Fill the centres of the dinner rolls with salmon mornay. Secure a carrot stick in the centre of each as a 'mast' and arrange potato triangles as 'sails'.



# Rocket Cake

Cooking time: 45–50 minutes

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

1 quantity of foundation  
butter cake mixture (see  
recipe p. 144)

1 quantity of chocolate butter  
cream (see recipe p. 154)

1 cup sweetened whipped cream

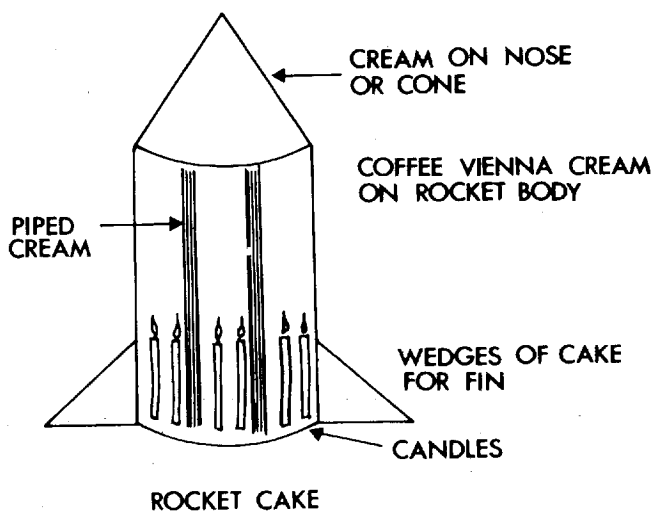
## Decoration

### Candles

Make up foundation butter cake mixture and cook in a date roll tin 45 minutes. Remove tin. Stand cake on one end on a cake board. Carefully shape top end to form a cone retaining 3 'fin' shaped pieces of cake. Attach these with icing to bottom of cake.

Cover whole cake with prepared chocolate butter cream then spread whipped cream over cone or 'nose' of rocket and pipe cream downwards in lengthwise strips.

Place candles coming out from base of cake but sufficiently high to stay in place.



# Chocolate-Pineapple Castle

Cooking time: 35 minutes

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

1 quantity pineapple malt squares, cooked in square tin but uncut (see recipe p. 124)

1 quantity of chocolate crackles mixture (see recipe p. 158)  
2 cups sweetened whipped cream

## Decoration

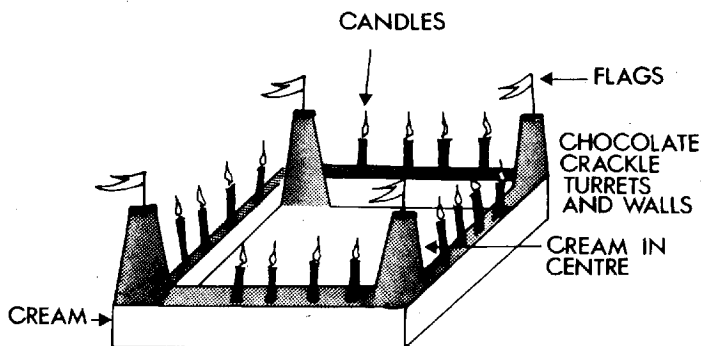
4 small cardboard coloured flags or material pinked and pasted together using toothpicks for flag poles

candles  
1 cup grated homemade chocolate (see recipe p. 183)

Place the square of pineapple malt cake on a cake board.

Make the chocolate crackle mixture and mould into 4 turrets by placing some in 4 narrow beakers until set. Use remaining mixture to form 4 long thin 'walls' approximately 17 cm (7") long, and leave to set. When set place 'turrets' on the corners of the cake and walls between the turrets, fixing onto cake with some whipped cream.

Fill the centre of the cake with whipped cream, spread some cream over cake below walls and arrange 'flags' on 'turrets' and candles along the 'walls'.



CHOCOLATE PINEAPPLE CASTLE

# Hedgehog Cake

Cooking time: 30 minutes

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

1 quantity of malted caramel cake (see recipe p. 145)

## Chocolate Icing

90 g (3 oz) butter (room temperature)

2 tablespoons Cadbury Bournville Cocoa

2 tablespoons hot water

2 cups icing sugar, sieved

## Decoration

3 slices glacé pineapple, cut into tiny spikes

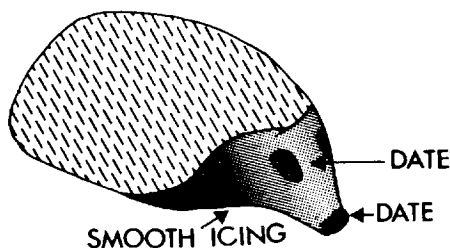
2 dates, stoned and halved for nose and eyes

birthday candles

Place cake mixture into a greased and lined 20 cm (8") round cake tin. Bake in a moderate oven 30–35 minutes or until cooked. Turn out and place on a wire cooling tray.

Place all ingredients for icing in the given order in mixing bowl and beat for 2 or 3 minutes until smooth, light and fluffy.

Cut cake in half to form 2 semi-circles and sandwich together (cut side down) with some chocolate icing. Place the cake on a plate or cake board and shape one end to form a sharp peaked nose. Cover the cake completely with chocolate icing, smoothing it over the sides of the face where eyes will be placed. Stick spikes of glacé pineapple into the icing at an angle sloping away from the head. Place dates in position for eyes and nose. Place birthday candles on or around hedgehog as desired.



HEDGEHOG CAKE



# Snoopy Cake

Cooking time: 30 minutes

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

1 quantity of foundation  
butter cake mixture (see  
recipe p. 144)

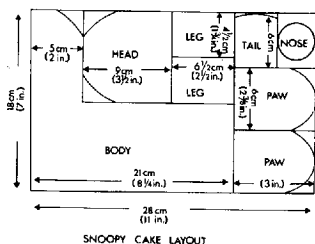
1 quantity of seven minute  
frosting (see recipe p. 154)

## Decoration

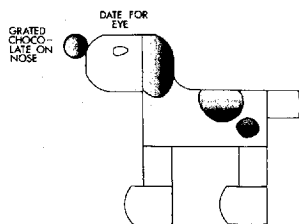
1 cup grated homemade  
chocolate (see recipe p. 183)

1 date for eye

Bake cake in a greased 28 cm × 18 cm (11" × 7") lamington tin in a moderate oven until done. Cut cake according to diagram, assemble on a cake board and cover with frosting. Roll the 'nose' piece in grated chocolate and position on the cake. Sprinkle grated chocolate over frosting on body for 'spots' as desired and place date in position for 'eye'.



SNOOPY CAKE LAYOUT



SNOOPY CAKE

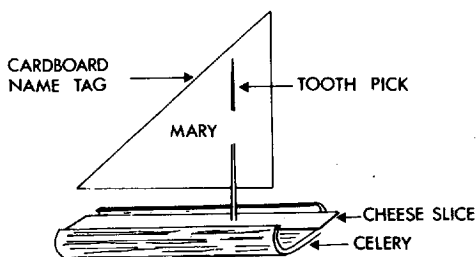
Draw this pattern to scale on 28 cm × 18 cm (11" × 7") paper and cut out pattern pieces. Place paper pieces on cake and cut cake with a sharp knife. Assemble pieces to make Snoopy on a 35 cm (14") square cake board and join together with frosting. Decorate as in recipe.

# Celery Boats

celery sticks  
block cheddar cheese slices

coloured paper or cardboard  
toothpicks

Cut inner stalks of celery into lengths. Cut cheese into sticks of slightly smaller lengths and place on celery. Cut small sails from coloured paper or cardboard. Write children's names on paper. Secure sails to toothpicks and press a sail into a celery 'boat'.



CELERY BOATS

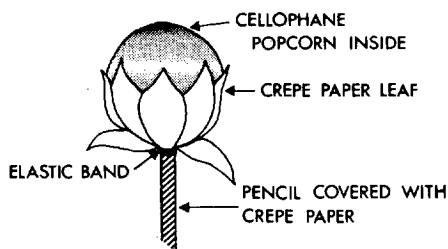
## Popcorn Flowers

For each child allow

1 piece clear coloured  
cellophane circled 20 cm  
(8") in diameter  
coloured crepe paper

wooden skewers or coloured  
pencils  
homemade popcorn  
elastic or rubber bands

Place a handful of popcorn in cellophane. Place skewer or pencil in the middle and secure at the base with an elastic or rubber band. Cut crepe paper into leaf shapes. Arrange the crepe paper using the wider end at the base of the cellophane popcorn ball, and secure with cellotape. Cut an extra strip of crepe paper for each 'flower' and wind around the 'stems' taking care to camouflage the cellotape.



POPCORN FLOWER

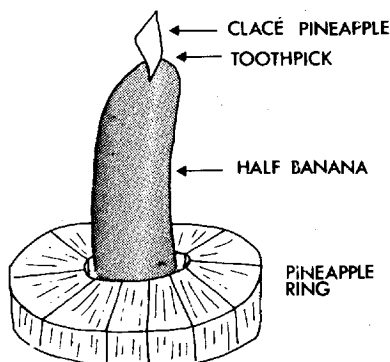
## *Pineapple Candles*

For each child allow:

1 ring pineapple  
½ peeled banana  
1 toothpick

pieces of glacé pineapple  
(or dried paw paw)

Place a ring of pineapple on each plate. Stand half a peeled banana in the centre. Top with a piece of glacé pineapple (or dried paw paw) cut to flame shape and secure with a toothpick.



PINEAPPLE CANDLE

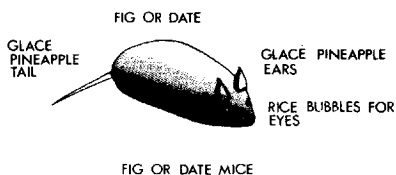
## *Fig or Date Mice*

For each child choose:

1 dessert fig or 1 smooth  
date  
rice bubbles

dried paw paw or glacé  
pineapple

Choose large dessert figs or smooth dates. Remove stones from dates and flatten leaves of figs and dates. Make tails from dried paw paw or glacé pineapple by carefully cutting long thin slivers. Use rice bubbles for eyes and glacé pineapple for ears.

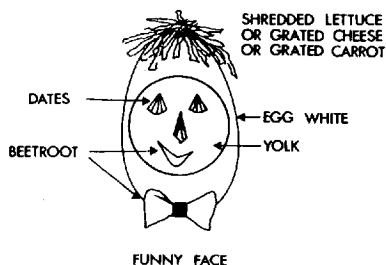


## Funny Faces

**Makes: 12 Funny Faces**

6 hard boiled eggs  
 grated cheese, grated carrot  
 or shredded lettuce for hair  
 dates for eyes and nose  
 beetroot for mouth and bow  
 tie  
 mayonnaise (see recipe p. 108)

Cut eggs in half lengthwise and place on individual plates, yolk down or up. Make your faces to your liking and carefully stick pieces on with the mayonnaise.

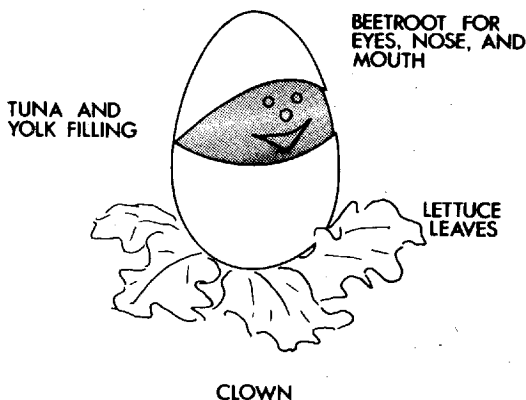


## Clowns

**Makes: 6 clowns**

6 hard boiled eggs  
 ½ cup tuna  
 1 tablespoon soft butter  
 1 tablespoon pineapple juice  
 few slices homecooked  
 beetroot (see recipe p. 92)  
 (or carrot)

Cut tops off eggs and carefully scoop out yolks. Mix yolks, tuna, butter and pineapple juice together. Pile filling into eggs leaving some protruding and place tops back to form hats. Cut tiny eyes, nose and mouth from the beetroot and place on the protruding filling to form a face. Serve on lettuce leaves.



## *Banana Sticks*

**Makes: 8**

3 tablespoons butter  
4 firm bananas  
8 paddle pop sticks

1 quantity chocolate frosting  
(see recipe p. 153)

Peel bananas, cut in halves crosswise. Insert paddle pop stick into cut end of each banana half. Make chocolate frosting. Dip each banana half into chocolate frosting to coat evenly. Place on waxed paper lined tray, freeze until firm, about 2 hours. Serve frozen. To store, wrap individually in foil and return to freezer (8 serves).

## *Popping Corn*

½ cup popcorn  
1 tablespoon oil

salt to taste

Put 1 tablespoon of oil into a saucepan with corn. Keep lid on tightly. Place saucepan over moderate heat. Corn will pop over heat and is cooked when popping stops. Add salt to taste.

### **Variations**

*Savoury:* Sauté popped corn in melted butter or grated cheese and melted butter for a couple of minutes.

*Sweet:*

125 g (4 oz) butter  
2 tablespoons honey

¾ cup sugar

Place all ingredients in a saucepan and stir over heat until sugar dissolves. Boil 5 minutes then pour over cooked popcorn.

## *Chocolate*

**Makes: 2 small blocks chocolate**

125 g (4 oz) vegetable shortening  
125 g (4 oz) pure icing sugar  
pinch salt

6 tablespoons Cadbury Bournville Cocoa  
4 tablespoons full cream powdered milk

Melt shortening gently and add sifted icing sugar, cocoa, milk, salt. Mix until smooth and thick. Set in tray. For variety add chopped peanuts or suitable breakfast cereal.

## *Banana Chips*

bananas (green)

vegetable oil

Cut peeled green bananas into medium slices. Put into salted water for a few minutes. Drain and fry with sufficient hot oil to cover. When well toasted take out and drain. Sprinkle with salt.

*Note: To make chips extra crispy, dry out in the sun after slicing then fry and shake in bag with salt.*

## Toffee

3 cups sugar  
1 cup water

¼ cup white malt vinegar

Put sugar, vinegar and water into a heavy based saucepan. Stir over low heat until sugar has dissolved. Increase heat and boil rapidly, without stirring, for about 12 minutes, or until a little dropped into cold water will crack. Let bubbles subside and pour into small paper patty cases, sweets cases or into an oiled shallow square tin. Leave to set.

### Variations

*Peanut Brittle:* Add ½ cup roughly chopped peanuts to the hot toffee. Pour into an oiled shallow square tin and set. Cut or break into pieces.

## Chocolate Fudge

**Makes about 50 small squares**

2 cups caster sugar  
pinch salt  
60 g (2 oz) homemade  
chocolate, broken into  
pieces (see recipe p. 185)

⅔ cup evaporated milk  
2 tablespoons liquid glucose  
60 g (2 oz) butter  
½ teaspoon cinnamon

Place sugar, salt, chocolate, evaporated milk, and glucose in a heavy based saucepan. Stir over a very gentle heat until chocolate has

melted and sugar dissolved. Boil rapidly without stirring until a little dropped into cold water will form a soft ball. Add butter, cinnamon, do not stir, put aside until cooled (bottom of pan should feel lukewarm). Then beat for 10 minutes or until fudge begins to thicken and loses its glossiness. Quickly pour into a buttered 20 cm (8") sandwich tin and when nearly set cut into squares.

## *Soft Caramels*

½ cup condensed milk	1 cup sugar
2 tablespoons golden syrup	90 g (3 oz) butter
½ cup liquid glucose	

Put into a heavy based saucepan the condensed milk, golden syrup, glucose, sugar and butter. Stir over a low heat until sugar has dissolved. Increase heat, boil the caramel for 10 minutes stirring all the time. Quickly pour into a buttered 20 cm (8") shallow square tin. Mark into squares. Put aside until cold.

## *Muesli Bars*

**Makes about 16**

125 g (4 oz) butter	1 tablespoon pineapple juice
1 cup honey	2½ cups homemade muesli
½ cup brown sugar, lightly packed	(see recipe p. 170)

Combine butter, honey, brown sugar and pineapple juice in a saucepan. Stir over low heat until butter has melted and sugar dissolved. Increase heat, bring to boil, reduce heat, simmer 10–12 minutes or until mixture forms a small ball when a teaspoonful is dropped into cold water. Remove from heat, add muesli, stir until combined, spread mixture evenly into a greased 20 cm (8") slab tin. Mark into squares while still warm, when cold remove from tin and cut into squares.



## *Marshmallows*

2 cups sugar  
½ cup boiling water

1 large tablespoon of gelatine  
½ cup water

Place sugar in large mixer bowl. Add ½ cup boiling water. Beat well to dissolve the sugar. Dissolve gelatine in ½ cup water and add to the sugar mixture. Beat at high speed (approximately 15 minutes) until thick. Pour into greased slab tin to set. When set cut into squares.

*Note: Marshmallows should be eaten same day they are made.*

## *Easter Egg Fondant*

**Makes: 3 Easter eggs**

2 teaspoons powdered gelatine  
½ cup cold water  
1½ cups caster sugar

½ cup water  
2 tablespoons liquid glucose  
1 kg (2 lb) icing sugar

Dissolve gelatine in ½ cup cold water and allow to stand 10 minutes. Place caster sugar, ½ cup cold water and glucose in a saucepan and stir over low heat until the glucose and sugar are dissolved and the syrup is clear. Clean down the sides of the saucepan with a wet brush and increase the heat to 240°C. Remove saucepan from heat, and add soaked gelatine and mix well. Gradually add 1 kg (2 lb) of sifted icing sugar into the cooked syrup and keep working with a wooden spoon until thick, but do not beat. Put fondant into an airtight jar until ready for use then turn onto a board. Knead and roll into desired shape and size to cover the mould. Allow to set. When set remove from moulds and decorate with stiff chocolate butter icing. (see recipe p. 154)

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## *Hyperactivity Associations*

National Hyperactivity Association,  
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Lyneham, A.C.T. 2614

National Hyperactivity Association,  
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Narrabeen, N.S.W. 2101

Brisbane Hyperactivity Association,  
P.O. Box 27,  
Inala, Queensland 4077.

Active Victoria,  
P.O. Box 17,  
East Doncaster, Vic. 3109

The Hyperactivity Association, S.A. Inc.,  
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Hyperactive Help, W.A.,  
P.O. Box 337,  
Subiaco, W.A. 6008

Tasmania Hyperactivity Association (Reaction)  
P.O. Box 20,  
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Diet as a means of controlling a hyperactive child is a matter of often heated controversy. For some children its effects are dramatic.

Ann Tydeman is the mother of a hyperactive child and by the time her son was two years old she was on the brink of despair. At her doctor's suggestion she tried a strict diet which eliminated all foods thought to aggravate hyperactivity. After four days her baby's behaviour improved almost miraculously. Nonetheless, she has sensibly included a note of advice on the need for individual requirements.

In this book the recipes contain no artificial colourings or flavours — a bonus, also, for those concerned about adulteration by artificial additives in modern foods. These recipes are appetising, simple to prepare, and appealing to all members of the family. They obviate the need to prepare a special diet and are designed to meet all needs, from a snack to a party.

These tasty recipes will be welcomed by all those who prefer an alternative life style; they will be a blessing for many parents of hyperactive children.

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