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Cooking with Pure Ingredients
Family Recipes for the Hyperactive
Ann Tydeman

Australian National University Press
Canberra, Australia, London, England and Norwalk, Conn., USA
1979
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!
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.
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 coordination 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 Scheding 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                        Cadbury Bournville Cocoa
Nestlé Malted Milk                      Arnott’s Milk Arrowroot
Nestlé Malt Milo                        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!

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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
- commercial cordials
- wines
- **Dairy Products**
- margarine
- cheese other than creamed
  - cottage and cheddars
- commercial icecream
- **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 cakes, cake mixes, biscuits, desserts
- commercial breakfast cereals white, coloured pasta products

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

**Miscellaneous**
- commercial toothpaste
- scented soap
- aspirin
- camphor
- fly spray
moth balls
perfumes peppermint
creams and lotions
some sunscreens
perfumed dishwashing detergents

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

**Dairy Products**
butter
cream
reduced cream
sour cream
buttermilk
skim milk
whole milk

**Meats**
beef
bacon
ham
home corned beef (without pineapple essence)

**Poultry**
turkey
rabbit

**Fish**
fresh or frozen fish
fresh shellfish

tinned tuna and salmon

**Cereals and Cereal Products**
breads (preferably wholemeal)
cornflour

sago

plain yoghurt
cheddar cheeses
creamed cottage cheese
homemade icecream

juices of fruits allowed
soda water

carob powder (same quantities as for cocoa)
evaporated milk
sweetened condensed milk

Minced meats without preservatives

lamb
pork
veal

chicken and eggs
duck

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

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

Fruits and Vegetables
refer back to the first list

Miscellaneous
unscented soap

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.
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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<tr>
<th>The Basic Five Daily Food Guide</th>
<th>Food Selections from the ‘Basic Five’</th>
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<tr>
<td><strong>The Milk Group</strong></td>
<td>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).</td>
</tr>
<tr>
<td><em>For children, pregnant and lactating women—</em> 600 ml</td>
<td></td>
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<tr>
<td><em>For adults—</em> 300 ml</td>
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<tr>
<td><strong>The Meat Group</strong></td>
<td>The meat group includes a variety of animal meats, poultry, fish, eggs, nuts and seeds, such as beans and peas.</td>
</tr>
<tr>
<td><em>At least one serve</em></td>
<td></td>
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<tr>
<td><strong>The Vegetable and Fruit Group</strong></td>
<td>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.)</td>
</tr>
<tr>
<td><em>At least four serves</em></td>
<td></td>
</tr>
<tr>
<td><strong>The Cereal and Bread Group</strong></td>
<td>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.</td>
</tr>
<tr>
<td><em>At least four serves</em></td>
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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.

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, casserole 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  \( \frac{1}{4} \times 425 \text{ g (15 oz) can crushed pineapple drained (reserve freshly ground black pepper \( \frac{1}{4} \text{ cup juice} \))} \\

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

cheese 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 8 large stalks of celery
\( \frac{1}{4} \text{ teaspoon salt} \)
1 teaspoon grated onion \( \frac{1}{4} \text{ cup peanuts, chopped} \)
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 ¼ cup chopped dates for ¼ cup chopped peanuts.

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**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.

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**Bacon Whirls**

**Serves**: 6

**Cooking time**: 15–20 minutes

- 6 rashers of bacon
- 1 quantity of mushroom stuffing (see recipe p. 112)
  OR 1 quantity of egg stuffing (see recipe p. 112)

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
- 3 tablespoons cottage cheese
- 3 tablespoons spinach, cooked and mashed
- ½ teaspoon salt
- 3 tablespoons block cheddar cheese, grated
- 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
- 2 hard boiled eggs
- freshly ground pepper
- salt
- 2 tablespoons chopped parsley
- 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  
1½ cups prawns, cooked and shelled  
½ cup mayonnaise (see 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) hot water  
2 tablespoons butter  
2 tablespoons flour  
300 ml (½ pint) milk  
3 eggs, separated  
300 ml (½ pint) cream  
½ tablespoon white malt vinegar  
½ teaspoon salt  
¼ teaspoon white pepper  
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)  
2 slices stale bread  
½ onion, finely chopped  
1 large egg  
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)
2 eggs, hard boiled
60 g (2 oz) softened butter
1 teaspoon grated onion

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
60 g (2 oz) butter
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  
300 ml (½ pint) hot mornay sauce (see recipe p. 105)  
2 tablespoons breadcrumbs

2 tablespoons grated block cheddar cheese  
15 g (½ oz) butter

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.
Basic Chicken Stock*

Makes: 2 litres

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

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

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### Basic White Fish Soup

**Serves: 4**

- 250 g (8 oz) white fish
- 300 ml (½ pint) water
- 2 small potatoes, finely diced
- 2 teaspoons finely chopped parsley
- 1 tablespoon cornflour
- 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.

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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
salt
freshly ground pepper

1 litre (2 pints) stock (see
recipe p. 10) or water

¾ 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

½ fresh cauliflower or 4 tablespoons plain flour
1 × 500 g (1 lb) packet
frozen cauliflower
2 cups salted boiling water
90 g (3 oz) butter
600 ml (1 pint) hot chicken
stock (see recipe p. 10)
1 onion, chopped
1 stalk celery, chopped
2 sprigs parsley, chopped
½ cup cream or evaporated
milk
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
90 g (3 oz) butter
2 onions, chopped
1 cup chopped carrot
1 cup chopped celery
125 g (4 oz) chopped bacon
few bacon bones
2½ litres (4 pints) chicken stock (see recipe p. 10)
½ teaspoon pepper
4 tablespoons chopped parsley

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
90 g (3 oz) butter
1½ kg (3 lb) onions, peeled and sliced
2½ litres (4 pints) beef or white stock (see recipe p. 10)
Oven temperature: 180–200°C (350–400°F)
salt and pepper to taste
8 slices bread, toasted
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  2 potatoes, peeled and thinly sliced  
sliced  
1 onion, finely chopped  extra cream  
salt and pepper to taste

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.

*Croutons:* 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
2 cups cooked mashed potatoes
1 small onion, finely chopped
1 tablespoon chopped parsley
1 teaspoon salt

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

1/2 cup white malt vinegar
2 tablespoons water
1/4 cup sugar

2 tablespoons onion, chopped
6 white peppercorns, crushed
1/2 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

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

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

600 ml (1 pint) or double quantity of bèchamel 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
- 1 cup sugar
- ½ teaspoon salt
- 2 tablespoons cornflour
- 1 cup fish stock
- 2 tablespoons white malt vinegar
- 2 teaspoons pure soy sauce
- 1 onion, sliced
- 1 × 454 g (1 lb) can tuna

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 large onion, chopped
- 2 tablespoons plain flour
- 450 ml (¾ pint) milk
- 1 × 439 g (15½ oz) can chunk style tuna
- 1 cup soft breadcrumbs
- 3 hard boiled eggs, chopped
- 4 tablespoons grated block cheddar cheese
- salt
- 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 ½ 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)
- 1 cup chicken stock (see recipe p. 10)
- 60 g (2 oz) butter
- 1 cup thin strips of carrot
- ½ cup chopped onion
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- pinch pepper
- 1 cup sliced fresh mushrooms
- ½ 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

- 60 g (2 oz) butter
- 250 g (8 oz) onions, sliced
- 750 g (1½ lb) fish fillets (fresh or frozen)
- salt

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

- freshly ground pepper
- 1 clove garlic, crushed
- water to cover
- 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  

**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  30 g (1 oz) butter
(see recipes pp. 112, 113)  salt
4 cutlets or thick pieces of  pepper
fillet of white fish

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.
Scrambled Egg Supreme

Serves: 4–6

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

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.

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**Scrambled Eggs and Broccoli**

Serves: 2–3

4 eggs  
\( \frac{1}{4} \) cup milk  
\( \frac{1}{4} \) teaspoon salt  
1 pinch pepper  
\( \frac{1}{2} \) cup cooked and chopped broccoli (fresh or frozen)  
\( \frac{1}{4} \) 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.

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**Basic Omelette**

Serves: 1 or 2

2 eggs  
salt  
pepper  
2 tablespoons water  
15 g (\( \frac{1}{2} \) 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

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

3 cups cooked chicken pieces

1 tablespoon finely chopped parsley
60 g (2 oz) soft butter 125 g (4 oz) cooked sliced mushrooms
1 large hard boiled egg 250 g (8 oz) puff pastry 
(paper p. 143)
salt 1 egg for glazing
pepper

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
¾ cup plain flour
½ teaspoon salt
250 g (8 oz) sausage mixture
(see recipe p. 77)

30 g (1 oz) butter
salt
pepper
extra milk

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

Filling

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

1½ tablespoons (approx.) water

pepper

3/4 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 1/4 teaspoon cinnamon

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

Crab: 1 can crab meat, flaked, 1/4 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)

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 ¼ 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

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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 \( \frac{1}{2} \) 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 \( \frac{1}{4} \) 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 Beefsburgers***

**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
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

pepper

¼ cup peanut butter
salt

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
60 g (2 oz) melted butter
1 or 2 cloves garlic, crushed
1 onion, chopped

125 g (4 oz) block cheddar cheese, grated
125 g (4 oz) mushrooms, 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 (see recipe p. 136)
1 × 212 g (7½ oz) can tuna
½ cup sour cream butter
¼ cup chopped shallots

sour cream for garnish
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)  125 g (4 oz) mushrooms, sliced thinly
4 very small, thin slices of veal steak butter
4 shallots, chopped finely  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  1 egg, beaten
4 teaspoons baking powder

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, finely diced  or 1 cup milk
15 g (½ oz) butter  ½ cup grated block cheddar cheese
2 eggs

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

% cup milk

125 g (4 oz) block cheddar cheese, grated

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

2 cups mashed potato

¼ cup evaporated milk

½ cup fresh breadcrumbs

flour

salt

pepper

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.

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**Chicken Ramekins**

*Serves: 2*

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

1 cup fine fresh breadcrumbs  
1/2 cup finely chopped cooked chicken  
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.
Basic Pizza*

Makes: 2 large pizzas
Cooking time: 20 minutes

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

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

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

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  
1 tablespoon butter or oil
¼ teaspoon salt  
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
carrotr, 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)

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

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

500 g (1 lb) San Remo lasagne
2 teaspoons salt
1 quantity of bolognaise sauce (see recipe p. 107)

Oven temperature: 180–200°C (350–400°F)
1 litre (2 pints) béchamel sauce (see recipe p. 104)
1 cup grated block cheddar cheese
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 bolognese 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 bolognese 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)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>500 g (1 lb) topside beef, minced</td>
<td>2 teaspoons chopped parsley</td>
</tr>
<tr>
<td>500 g (1 lb) lean pork, minced</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>3 tablespoons olive oil</td>
<td>½ teaspoon black pepper</td>
</tr>
<tr>
<td>250 g (8 oz) chopped cooked spinach</td>
<td>4 tablespoons cream</td>
</tr>
<tr>
<td>4 tablespoons block cheddar cheese, grated</td>
<td>1 tablespoon butter</td>
</tr>
<tr>
<td></td>
<td>500 g (1 lb) San Remo lasagne, cooked as directions on packet</td>
</tr>
</tbody>
</table>

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
6 shallots or spring onions, chopped
3 cups cooked rice

1 stick celery, finely sliced
1 tablespoon pure soy sauce
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
3 cups cooked rice
1 cup chopped peanuts
½ cup chopped celery
1 cup cooked chopped chicken, beef, lamb or tuna
1 cup frozen corn, cooked and drained

2 eggs, beaten
1 onion, chopped
2 tablespoons chopped parsley
salt
pepper
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
60 g (2 oz) butter
250 g (8 oz) ham, chopped
2 potatoes, chopped
2 carrots, chopped
1200 ml (2 pints) beef stock
(see recipe p. 10)
500 g (1 lb) rice

250 g (8 oz) cooked kidney or lima beans
(see recipes pp. 90, 91)
1 tablespoon grated block cheddar cheese
½ teaspoon black pepper
½ teaspoon salt

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 ¼ 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, brisket or rolled
1 large onion, peeled
1 tablespoon white malt vinegar

12 peppercorns
2 stalks celery
2 tablespoons brown sugar
1 carrot

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

course 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–1 ¼ hours

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

1 ¼–1 ½ 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 tablespoons flour | 4 cups hot beef stock (see recipe p. 10) |
| 2 onions, sliced | 12 dates |
| 3 tablespoons oil | 4 carrots, sliced |
| ½ teaspoon cinnamon | 2 potatoes, sliced |
| salt | ½ cup white malt vinegar |
| | 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.

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**Plain Beef Stew***

*Serves: 6*

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

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 1¾–2 hours or until meat is tender. (Gravy beef takes longer than chuck or skirt.)

**Sailor’s Beef***

*Serves: 6*

**Cooking time: 2 hours**

- 500 g (1 lb) rump or sirloin steak, trimmed and thinly sliced
- 2 tablespoons butter or oil
- 125 g (4 oz) belly pork, cut into strips
- 2 medium onions, peeled and sliced
- 750 g (1½ lb) potatoes, peeled and sliced
- 2 medium carrots, peeled and sliced
- salt
- 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

1½ cups beef stock (see recipe p. 10)

Flour

Filling

½ cup chopped onion, gently sautéed

1 cup fresh breadcrumbs

½ cup chopped celery, gently sautéed

½ teaspoon salt

½ teaspoon parsley, chopped

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  

1 cup cottage cheese  

¼ cup chopped spring onions  

1 tablespoon chopped parsley  

salt  

pepper  

cream or milk to moisten
**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 ox kidney or 2 sheep kidneys
1 tablespoon plain flour
1½ teaspoons salt
1 teaspoon freshly ground black pepper
1 tablespoon chopped parsley
1 cup water
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
2 onions, chopped
1 tablespoon oil
300 ml (½ pint) beef stock
(see recipe p. 10)
2 teaspoons pure soy sauce salt
2 tablespoons plain flour
water
3 tablespoons parsley
1 kg (2 lb) potatoes
1 tablespoon butter
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
2 rashers of bacon, chopped finely
1 onion, chopped
1 cup breadcrumbs
1 carrot, grated
1 teaspoon yeast extract
½ teaspoon salt
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
3 tablespoons onion, finely chopped
½ cup breadcrumbs
1½ cups milk
1 egg
1½ teaspoons salt
¼ teaspoon white pepper

† minced together

**Gravy**

pan juices with extra water
1 tablespoon flour
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.

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**Beef Stroganoff**

Serves: 4–6

1 tablespoon butter
1 onion, chopped
1 kg (2 lb) rump or fillet steak, cut into very thin strips

250 g (8 oz) mushrooms, sliced
½ cup sour cream
1 teaspoon salt

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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)

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

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

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
- ½ cup finely chopped onion
- 1 tablespoon chopped parsley
- 500 g (1 lb) stewing beef cut into thin strips
- 3 cups water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup long grain rice
- 1 tablespoon yeast extract
- 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
- 1 cup water
- 1 cup milk
- 1 egg
- ½ cup milk or cream
- 1½ teaspoons salt
- ¼ teaspoon white pepper

- 2 tablespoons butter
- 1 tablespoon brown sugar
- 2 cups stock or water

(see recipe p. 10)

† 185 g (6 oz) beef
† 125 g (4 oz) pork
† minced together
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.

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**Dutch Ragout**

**Serves: 4**

**Cooking time: 1½–2 hours**

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

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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 ½ cup vegetable oil

1 tablespoon sugar

1 teaspoon pure soy sauce

1 tablespoon finely chopped shallots

1 clove garlic, crushed

1/4 teaspoon salt

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

1/2 cup carrot straws

1/2 cup parsnip straws

1 stick celery

1/2 cup sliced French beans

1/2 cup chopped shallots

3 spinach leaves, shredded

500 g (1 lb) rump steak, cut into thin long strips

Salt

Pepper

1 tablespoon oil

250 g (8 oz) mushrooms, sliced

1 1/2 cups beef stock

(see recipe p. 10)

1 tablespoon cornflour

2 tablespoons pure soy sauce

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 $\frac{1}{2}$ 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
- $\frac{1}{2}$ cup dry breadcrumbs
- $\frac{1}{2}$ cup chopped onion
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{3}{4}$ cup evaporated milk
- 1 egg
- 2 tablespoons oil
- 1½ cups thinly sliced onions
- 125 g (4 oz) mushrooms, finely sliced
- 1 tablespoon flour
- 2 cups water
- 250 g (8 oz) green beans, sliced
- $\frac{1}{2}$ bunch spinach, finely shredded
- 1 tablespoon pure soy sauce

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
2 large onions, chopped
salt
pepper
3 medium sized carrots, cut into wedges

3 small turnips, cubed
1½ cups beef stock (see recipe p. 10)
1½ cups frozen peas (without mint)
2 tablespoons chopped parsley

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

6 potatoes, peeled and sliced
1 kg (2 lb) forequarter chops, trimmed
125 g (4 oz) fresh mushrooms, sliced
2 medium onions, sliced

2 sheeps kidneys, skinned, cored and sliced
salt
pepper
1 cup beef or other stock (see recipe p. 10)

**Garnish**
Chopped parsley


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Fricassée of Lamb

Serves: 4–6

750 g–1 kg (1½–2 lb) middle pepper
or scrag end of lamb
or mutton cubed
2 onions, sliced
600 ml (1 pint) water
salt

30 g (1 oz) butter
30 g (1 oz) flour
300 ml (½ pint) milk
1 onion diced (optional)

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

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

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

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 thinly sliced, flattened into cutlets
- 45 g (1 1/2 oz) butter
- 1 onion, chopped
- 2 tablespoons celery, chopped
- 2 tablespoons chopped parsley
- salt
- pepper
- fresh breadcrumbs
- 2 tablespoons flour
- 1 1/2 cups chicken stock (see 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 1 1/2 hours.
Sweet-Sour Pork

**Serves: 4**

1 carrot, peeled and cubed
1 onion, peeled and cubed
1 stick celery, chopped
4 shallots, cut into sections
2 slices canned pineapple, cubed
3 tablespoons white malt vinegar
½ cup water
½ cup syrup from pineapple

1 tablespoon honey
2 teaspoons pure soy sauce
2 teaspoons cornflour
750 g (1½ lb) lean pork, cubed
2 tablespoons pure soy sauce
2 teaspoons pineapple juice
1 egg yolk
cornflour

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
- milk to cover
- 2 eggs, beaten
- 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))
- 250 g (8 oz) sausage mince (see recipe p. 77)
- 60 g (2 oz) butter or oil
- 300 ml (½ pint) veal or chicken stock (see recipe p. 10)
2 hard boiled eggs      salt
250 g (8 oz) bacon rashers, pepper to taste
      rind removed      250 g (8 oz) mushrooms
      pepper

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      4 carrots, sliced
1 tablespoon salt
½ teaspoon white pepper
2 tablespoons butter

Gravy

2 tablespoons butter      1 cup cream
5 tablespoons flour
2 cups pan juice and stock      salt
      (as above)      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 (1 ½ 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,  6 veal steaks
roughly chopped 6 small squares block
125 g (4 oz) mushrooms,  cheddar cheese
sliced thinly plain flour
250 g (8 oz) bacon, finely 1 large egg, beaten with 1
diced tablespoon water and 1
tablespoon oil
1 large egg breadcrumbs
2 tablespoons breadcrumbs, 45 g (1½ oz) butter
made from stale bread 2 tablespoons oil
salt

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

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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**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>4 slices ham or bacon</td>
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<tr>
<td>1 kg (2 lb) veal steak</td>
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<tr>
<td>4 tablespoons butter</td>
<td></td>
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<tr>
<td>1 onion, sliced</td>
<td></td>
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<tr>
<td>1 carrot, diced</td>
<td></td>
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<tr>
<td>2 stalks celery, chopped</td>
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<tr>
<td>1 tablespoon fresh parsley, chopped</td>
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<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon white pepper</td>
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<tr>
<td>stock (see recipe p. 10)</td>
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</table>

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

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

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Sweet and Sour Veal*

Serves: 4-5

<table>
<thead>
<tr>
<th>1 kg (2 lb) stewing veal</th>
<th>1 × 450 g (16 oz) tin pineapple cubes, reserve</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons butter</td>
<td>¾ cup juice</td>
</tr>
<tr>
<td>1 cup sliced celery</td>
<td>4 tablespoons cornflour</td>
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<tr>
<td>1 cup sliced carrots</td>
<td></td>
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</tbody>
</table>

74
2 large chopped onions 1 tablespoons pure soy sauce
salt 1 tablespoons white malt
pepper vinegar
1 1/2 cups chicken or veal 1 tablespoon water
stock (see recipe p. 10) 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 × 425 g (15 oz) can pineapple pieces, undrained
1 clove garlic, crushed 2 cups chicken pieces soup (or stock) (see recipe p. 10)
1 kg (2 lb) stewing veal, diced 1 tablespoon pure soy sauce
1 tablespoon flour 1 tablespoon white malt
salt vinegar
pepper 1 tablespoon parsley, chopped
cinnamon
1 large onion, 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, 1 tablespoon butter
   cubed 1 egg yolk
1 large onion, chopped 1 tablespoon white malt
1 large carrot, sliced vinegar
salt 125 g (4 oz) mushrooms,
1 tablespoon flour sliced and lightly sautéed

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)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>125 g (4 oz) stale bread</td>
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<tr>
<td>1 egg</td>
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</tr>
<tr>
<td>1 kg (2 lb) fatty beef, minced</td>
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</tbody>
</table>

2½ teaspoons salt
1 teaspoon pepper
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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>375 g (12 oz) calf's or lamb's liver</td>
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<tr>
<td>1 tablespoon chopped parsley</td>
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<tr>
<td>1 egg</td>
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</table>
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
- 500 g (1 lb) topside beef, minced
- 1 cup fresh breadcrumbs
- 1 tablespoon grated carrot
- 1 tablespoon chopped parsley
- freshly ground pepper
- 1 teaspoon salt
- 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
2 1/2 cups mashed potato 1/4 cup breadcrumbs
1/4 cup sour cream

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.

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**Braised Tongue**

Serves: 4

Cooking time: 45 minutes

1 ox tongue (unsalted) or 8 lamb tongues
1 stalk celery, diced
1/2 carrot, diced
1 small onion, diced
60 g (2 oz) butter

Oven temperature: 180–200°C (350–400°F)
2 tablespoons flour
1 teaspoon yeast extract
salt
pepper
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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lamb's fry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 g (1 oz) butter</td>
<td></td>
<td></td>
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<tr>
<td>1 onion, sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 g (1 oz) bacon, chopped</td>
<td></td>
<td></td>
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<tr>
<td>3 tablespoons flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
<td></td>
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<tr>
<td>2 cups beef stock or water</td>
<td>(see recipe p. 10)</td>
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</tr>
<tr>
<td>pepper to taste</td>
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<td></td>
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<tr>
<td>2 tablespoons chopped parsley</td>
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</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups plain flour</td>
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<td></td>
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<tr>
<td>½ teaspoon salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>113 g (4 oz) lard</td>
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<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 kg (2 lb) stewing veal</td>
<td></td>
<td>salt, freshly ground pepper</td>
</tr>
<tr>
<td>salt, peppercorns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>250 g (8 oz) ham</td>
<td></td>
<td></td>
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<tr>
<td>1 onion, sliced</td>
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<td></td>
</tr>
<tr>
<td>1 tablespoon chopped parsley</td>
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</table>

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 \( \frac{3}{4} \) 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.

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**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 ¾ 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
150 ml (¼ pint) chicken stock
(see recipe p. 10)
60 g (2 oz) breadcrumbs
60 g (2 oz) grated block cheddar cheese
250 g (8 oz) cooked ham, diced
1 onion, peeled and chopped
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
1 onion, finely chopped
500 g (1 lb) chicken livers
2 stalks celery, chopped
salt and pepper to taste
2 cups rice
4 cups boiling chicken stock
(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

1 large chicken, giblets removed and retained
150 ml (⅛ pint) water
salt
pepper

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

90 g (3 oz) butter
1 × 439 g (15 ½ 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
3 tablespoons safflower oil
2 tablespoons white malt vinegar
½ teaspoon salt

pepper to taste
1 tablespoon chopped parsley
plain flour for coating
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
water to cover chicken
salt
pepper
1 onion, diced

3 cups cooked mixed vegetables (e.g. potatoes, carrots, peas, mushrooms, corn, broccoli, cauliflower)

Sauce

60 g (2 oz) butter
1 onion, diced
1 tablespoon flour

300–600 ml (½–1 pint) chicken stock (reserved from 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 mayonnaise (see recipe p. 108)

1 cup grated block cheddar cheese

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  
1 × 470 g (15 oz) can mango nectar

60 g (2 oz) butter
2 stalks celery, chopped
1 onion, chopped
2 tablespoons cornflour

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

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 1½ 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  
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
1 tablespoon oil
12 artichokes, quartered
375 g (12 oz) fresh shelled peas (or frozen peas without mint)
½ teaspoon salt

Garnish
2 tablespoons chopped parsley

150 ml (¼ pint) chicken stock (see recipe p. 10)
½ teaspoon white pepper
3 egg yolks
1 tablespoon white malt vinegar

Sautè 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 large or 2 small aubergines</td>
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<tr>
<td>2 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>pinch black pepper</td>
<td></td>
</tr>
<tr>
<td>oil for frying</td>
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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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>375 g (12 oz) dried beans</td>
<td>1–2 tablespoons oil</td>
</tr>
<tr>
<td>(any variety)</td>
<td>1 teaspoon butter</td>
</tr>
<tr>
<td>6–8 cups hot water</td>
<td>1 teaspoon salt</td>
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<tr>
<td>6 cups hot water</td>
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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)
¼ cup sliced onion
1 tablespoon butter
½ cup pineapple juice
1 tablespoon brown sugar or molasses
salt
pepper
½ teaspoon parsley
1 cup breadcrumbs or wheatgerm
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 salt
1 diced rasher bacon pepper
1 diced white onion 2 tablespoons block cheddar
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.

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Carrots Supreme

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

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

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**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.

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**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
250 g (8 oz) fresh or frozen peas (without mint)
6 spring onions, chopped
1–2 tablespoons water

salt
pepper
1 teaspoon sugar
1 tablespoon chopped parsley

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
boiling water
250 g (8 oz) plain flour
½ teaspoon salt

1 egg
1 tablespoon oil
1–1¼ cups hot water

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 ½ 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.
Chicken Pineapple Salad

Serves: 4

1 × 439 g (15½ oz) can pineapple pieces or fresh pineapple, cubed
250 g (8 oz) cooked chicken, diced
3 crisp lettuce leaves
2 tablespoons mayonnaise (see recipe p. 108)
2 tablespoons chopped spring 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, diced
250 g (8 oz) raw celery, chopped
250 g (8 oz) cooked potato, diced
1 tablespoon grated onion
3 tablespoons favourite salad dressing (see recipe pp. 108–10)

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

Serves: 6

1 lettuce, leaves separated
250 g (8 oz) fresh mushrooms, sliced
3 shallots, chopped

10 radishes, washed, topped and tailed
½ cup honeyed French dressing (see recipe p. 110)

**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.

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**Raw Mushroom Salad**

Serves: 4

2 tablespoons white malt vinegar
salt
pepper
1 tablespoon sour cream (optional)
1 clove garlic

125 ml (½ cup) oil
250 g (8 oz) button mushrooms
250 g (8 oz) block cheddar cheese
250 g (8 oz) leg ham, cut thickly

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
1 tablespoon grated onion
2 tablespoons chopped parsley
¼ cup mayonnaise (see recipe p. 108)

⅓ cup grated carrot
1 tablespoon French dressing
salt
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
½ cup white malt vinegar
½ teaspoon salt

¼ teaspoon pepper
3 teaspoons cinnamon
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 crushed pineapple

1 cup chopped celery
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
1 cup cauliflower flowerettes, slightly cooked
½ cup chopped celery
¼ cup finely chopped onion
1 tablespoon sugar
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
salt
4 tablespoons chopped parsley
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
4 cups water
salt
1½ cups rice
8 shallots
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

Béchamel Sauce

Makes: 450 ml (¾ pint)

450 ml (¾ pint) or 1½ cups milk
stalk of celery
piece of carrot
piece of onion or 1 shallot
4 peppercorns

30 g (1 oz) butter
30 g (1 oz) flour
salt
pepper
2 tablespoons cream

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
30 g (1 oz) flour
salt

450 ml (¾ pint) milk or milk and stock
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.

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**White Sauce II**

45 g (1½ oz) butter  
45 g (1½ oz) flour  
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  
4 tablespoons plain flour  
600 ml (1 pint) milk  

125 g (4 oz) grated block cheddar cheese  

Salt  

Freshly ground black pepper

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

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  
½ teaspoon salt  
¼ teaspoon pepper  
90 g (3 oz) butter  
2½ tablespoons plain flour  
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 vine
1 clove garlic, crushed       1 teaspoon white malt 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
4 large carrots, chopped
1 onion, chopped
salt to taste

water to cover
pepper to taste
pinch cinnamon
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.

Bolognaisce Sauce

Serves: 4

1 tablespoon oil
1 clove garlic, peeled and crushed
1 250 g (8 oz) beef
1 250 g (8 oz) pork
2 tablespoons chopped parsley
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  
water to blend  
1 tablespoon sugar  
3 teaspoons pure soy sauce  
1 tablespoon white malt vinegar  
salt to taste  
300 ml (½ pint) water  
½ cup crushed or chopped pineapple  
1 small onion, finely chopped

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 sweetened condensed milk  
1 teaspoon salt  
½ teaspoon pepper  
1 cup white malt vinegar  
1 egg  
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
600 ml (1 pint) vegetable oil

½ teaspoon salt
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)
½ cup sour cream
1 tablespoon white malt vinegar

4 chopped shallots
2 tablespoons chopped parsley
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
2 tablespoons white malt vinegar

salt
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.

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**Sour Cream Topping**

1½ cups sour cream  
1 tablespoon brown sugar  
1 tablespoon honey  
$\frac{1}{2}$ teaspoon cinnamon

Mix all ingredients thoroughly.

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**Cottage Cheese Dressing**

150 ml ($\frac{1}{4}$ pint) white malt vinegar  
$\frac{1}{2}$ level teaspoon salt  
pinch black pepper  
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.

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**Marinade Hawaiian for lamb**

$\frac{1}{4}$ cup oil  
$\frac{1}{2}$ cup pineapple juice  
2 tablespoons pure soy sauce  
1 clove garlic, crushed  
1 tablespoon brown sugar  
salt  
freshly ground black pepper
Mix all ingredients together, pour over meat. Marinade meat 4–6 hours and turn meat often.

**Kebab Marinade**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup oil</td>
<td></td>
</tr>
<tr>
<td>1/2 cup white malt vinegar</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>1 small onion, finely sliced</td>
<td></td>
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<tr>
<td>3 tablespoons chopped parsley</td>
<td></td>
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<tr>
<td>1 teaspoon salt</td>
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</tbody>
</table>

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

**Lamb Marinade**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup white malt vinegar</td>
<td></td>
</tr>
<tr>
<td>1/2 cup oil</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons chopped parsley</td>
<td></td>
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<tr>
<td>1 small onion, chopped</td>
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</tbody>
</table>

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 cheese, grated
- 1 clove garlic crushed
- 3 tablespoons finely chopped parsley
- 1 tablespoon little pepper

Mash all ingredients together and use as desired.

---

**Egg Stuffing**

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

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
- 1 small onion
- 30 g (1 oz) butter
- 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
185 g (6 oz) butter
3 cups fresh white breadcrumbs
3 sticks celery, chopped

Cook onion in butter until golden. Add ⅔ 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
1 tablespoon chopped parsley
30 g (1 oz) butter, melted

Mix all ingredients together.

Note: Suitable for meat, fish or chicken.

Ham and Veal Stuffing

30 g (1 oz) butter
1 shallot, finely chopped
185 g (6 oz) ham, finely chopped
185 g (6 oz) veal, finely chopped

2–3 tablespoons fresh breadcrumbs
2 tablespoons chopped parsley
salt
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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>60 g (2 oz) butter</td>
<td></td>
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<tr>
<td>1 level tablespoon Cadbury</td>
<td></td>
</tr>
<tr>
<td>Bournville Cocoa</td>
<td></td>
</tr>
<tr>
<td>1 cup brown sugar</td>
<td></td>
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<tr>
<td>1 tablespoon liquid glucose</td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons condensed milk</td>
<td></td>
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<tr>
<td>1 tablespoon golden syrup</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons hot water</td>
<td></td>
</tr>
<tr>
<td>cream or milk</td>
<td></td>
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</tbody>
</table>

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


Chocolate Fudge Sauce

¾ cup sugar  
2 tablespoons hot water  
3 tablespoons Cadbury Bournville Cocoa  
¾ cup evaporated milk  
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  
2 teaspoons cornflour  
1 × 425 g (16 oz) can 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

\[
\begin{align*}
\frac{1}{2} \text{ cup sugar} & \quad 2 \text{ tablespoons pineapple juice} \\
1 \text{ cup mashed bananas} & \quad 1 \text{ egg, beaten} \\
1 \text{ tablespoon butter} & 
\end{align*}
\]

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

\[
\begin{align*}
1 \times 400 \text{ g (14 oz) can sweetened condensed milk} & \quad 1 \text{ tablespoon pineapple juice} \\
2 \text{ bananas, sliced} & \quad 1 \text{ cup whipped cream}
\end{align*}
\]

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


**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 evaporated milk (at room temperature) |
| 1½ tablespoons water | ½ teaspoon cinnamon |
| ½ cup peanut butter | ¼ cup sugar |

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 teaspoons cornflour
2 eggs, separated  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  1 × 450 g (16 oz) can paw paw cubes
8 scoops homemade ice cream  (see recipe p. 134)

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, ½ teaspoon ground cinnamon
stoned 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
½ cup sugar
6 pears, peeled, cored and quartered
a small stick of cinnamon

homemade ice cream (see recipe p. 134)
hot chocolate sauce (see recipe p. 114)

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
4 tablespoons chopped dates
2 teaspoons cinnamon

¼ cup honey or homemade jam (see recipes pp. 164–9)
1 cup water

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

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

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

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

1 × 850 g (1 lb 14 oz) can pears
125 g (4 oz) butter
1 cup self-raising flour

½ cup brown sugar
4 tablespoons Nestlé Malted Milk powder
½ teaspoon cinnamon

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

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 4 cups pineapple juice
½ cup cold water 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
½ cup sugar
½ teaspoon cinnamon
450 ml (¾ pint) milk
1 tablespoon gelatine

1 × 425 g (15 oz) tin crushed pineapple, reserve syrup
¾ cup whipped cream

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 tablespoon caster sugar
½ cup Nestlé Malted Milk powder
3 eggs

1 cup self-raising flour
pinch salt
½ teaspoon cinnamon
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
- ⅛ 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
- 6 bananas, peeled and chopped
- 1 large paw paw, peeled, seeds removed and diced
- ½ cup arrowroot
- 2 mangoes, peeled and stoned and sliced
- 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 cold water
1 cup evaporated milk
2 egg whites
1 teaspoon grated dried pineapple or 1 teaspoon cinnamon
½ cup sugar
½ quantity of Indonesian fruit salad (see recipe p. 126) or bananas, tinned mangoes, pears, chopped dates

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 plain yoghurt
2 tablespoons honey
½ cup chopped dates
30 g (1 oz) chopped unsalted peanuts
1 teaspoon cinnamon

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
1 teaspoon cinnamon
1 tablespoon pineapple juice
½ cup hot water
½ cup sugar
2 egg yolks
250 g (8 oz) Arnotts' Milk Arrowroot biscuits, crushed
250 (8 oz) cottage cheese
2 × 450 g (16 oz) tins mango slices, drained and mashed
½ cup reserved mango juice
300 ml (½ pint) sour cream

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.

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**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
- ½ 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

1 1/2 tablespoons gelatine 3 tablespoons water 3 tablespoons Cadbury Bournville Cocoa ¾ cup sugar 1 × 410 g (13 oz) can evaporated milk, chilled

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 (1/2 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: 1 1/2 hours Oven temperature: 160–180°C (325–350°F)
Vi teaspoon salt
1 tablespoon butter
Cinnamon sugar for topping

2 cup rice
600 ml (1 pint) milk
400 ml (2/3 pint) water
1/2 cup sugar

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
2 cups milk
1/2 cup sugar
1/4 cup chopped dates
1/2 teaspoon cinnamon
1/4 teaspoon sugar
1/2 cup cream
2 eggs, separated

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

\[
\begin{align*}
\frac{1}{4} \text{ cup seed tapioca} & \quad \frac{1}{4} \text{ cup sugar} \\
600 \text{ ml (1 pint) milk} & \quad 2 \text{ eggs, separated}
\end{align*}
\]

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)

<table>
<thead>
<tr>
<th>4 eggs</th>
<th>2 tablespoons pineapple juice</th>
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<tbody>
<tr>
<td>(\frac{1}{2}) cup sugar</td>
<td>1 cup sour cream</td>
</tr>
<tr>
<td>3 level tablespoons self-raising flour</td>
<td>1 cup cottage cheese</td>
</tr>
<tr>
<td>(\frac{1}{4}) teaspoon salt</td>
<td>(\frac{1}{4}) cup melted butter</td>
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</table>

**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

- ½ cup self-raising flour
- ¼ teaspoon salt
- 90 g (3 oz) sugar
- 1 tablespoon melted butter

**Sauce**

- ½ cup brown sugar
- 210 ml (7 fl oz) very hot water.

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 tablespoon golden syrup
1 teaspoon cinnamon extra
pinch salt

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 1 cup full cream powdered milk
4 tablespoons sugar ½ teaspoon white malt vinegar
1 tablespoon butter pinch salt
⅔ cup pineapple juice
3 cups fresh milk

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 300 ml (½ pint) milk
pinch salt 1 to 2 tablespoons dripping
1 egg 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  
pinch salt  
½ teaspoon bicarbonate of soda  
3 tablespoons sugar  
1 egg  
½ cup sour milk (or fresh milk and 1 teaspoon white malt vinegar)  
1 tablespoon butter

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  
2 eggs  
¼ cup sugar  
1 tablespoon golden syrup  
½ cup milk

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  
½ teaspoon salt  
1 tablespoon butter  
4 eggs  
1 medium onion, finely chopped  
125 g (4 oz) very finely grated block cheddar cheese

**Doughnuts**

1½ teaspoons butter  
2 cups self-raising flour  
2 tablespoons sugar  
approximately 1 cup milk  
oil for deep frying  
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  
1 tablespoon sugar  
¼ cup milk  
½ cup water  
pinch salt  
2 cups self-raising flour  
2 tablespoons cornflour  
125 g (4 oz) butter

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
3 teaspoons baking powder
½ teaspoon salt
1 cup milk
3 egg yolks
2 tablespoons grated block cheddar cheese
1 tablespoon melted butter
3 egg whites

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
2 tablespoons self-raising flour
pinch salt
1 tablespoon full cream powdered milk
½ cup water
1 teaspoon white malt vinegar
bananas, peeled and chopped
or pineapple, peeled, cored and diced

**Fritter Batter for Fruit**

6 tablespoons plain flour  
1 tablespoon oil  
1 egg, separated  

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 teaspoon salt  
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  
1 teaspoon baking powder  
pinch salt  
125 g (4 oz) butter  
1 teaspoon pineapple juice  
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

1 1/2 cups self-raising flour  
1 1/2 cups plain flour  
pinch salt  
185 g (6 oz) butter  
1/6 cup cold water

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
pinch salt
¾ cup sugar
1 egg
1 cup milk
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
½ cup brown sugar, firmly packed
1 large egg
2 teaspoons pineapple juice
½ cup plain yoghurt
(or evaporated milk)
1 cup mashed bananas
1 cup rolled oats
1 cup wholemeal self-raising flour
1 teaspoon baking powder
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

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

145
1 tablespoon honey
1 1/2 cups self-raising flour
1 teaspoon baking powder
1/2 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
1/2 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
1/2 cup caster sugar

Decoration
150 ml (1/4 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
Vi cup dates 1 egg 1 teaspoon baking powder 1/2 cup buttermilk Vi teaspoon salt 1/4 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  
1/2 cup sugar  
1 egg  
1/2 teaspoon cinnamon  
1 1/4 cups self-raising flour  

**Topping**

30 g (1 oz) butter, softened  
1/4 cup brown sugar, firmly packed  
425 g (15 oz) can pineapple pieces

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

**Chocolate Frosting**

⅛ cup evaporated milk
4 cups sifted icing sugar
⅛ teaspoon salt

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 ½ 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.

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**Chocolate Cake***

Cooking time: 30–35 minutes

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

2 tablespoons Cadbury Bournville Cocoa

⅝ cup milk
1 egg

**Banana Slices**

Makes about 16

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

<table>
<thead>
<tr>
<th>60 g (2 oz) butter</th>
<th>⅓ teaspoon cinnamon</th>
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<tbody>
<tr>
<td>1 small banana</td>
<td>½ cup sugar</td>
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<tr>
<td>1 egg</td>
<td>¼ cup milk</td>
</tr>
<tr>
<td>1 cup wholemeal self-raising flour</td>
<td>¼ cup chopped unsalted peanuts</td>
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</tbody>
</table>

**Pineapple Icing**

<table>
<thead>
<tr>
<th>15 g (½ oz) melted butter</th>
<th>1 tablespoon pineapple juice</th>
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</thead>
<tbody>
<tr>
<td>1 teaspoon hot water</td>
<td>¾ cup icing sugar</td>
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</table>

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)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
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</thead>
<tbody>
<tr>
<td>155 g (5 oz) butter</td>
<td></td>
</tr>
<tr>
<td>1 cup water or ½ cup water + ½ cup pineapple juice</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped dates</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped candied pineapple pieces</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped dried pears</td>
<td></td>
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<tr>
<td>1 cup chopped dried paw paw</td>
<td></td>
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<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon bicarbonate of soda</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped peanuts</td>
<td></td>
</tr>
<tr>
<td>1¼ cups plain flour</td>
<td></td>
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<tr>
<td>1 cup self-raising flour</td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon Cadbury Bournville Cocoa</td>
<td></td>
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<tr>
<td>½ teaspoon butter, soft</td>
<td></td>
</tr>
<tr>
<td>1 cup icing sugar</td>
<td></td>
</tr>
<tr>
<td>1 to 2 tablespoons water</td>
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</tbody>
</table>

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 Bournville Cocoa
170 g (6 oz) icing sugar

Cream all ingredients together until soft and fluffy.

Seven Minute Frosting

3 egg whites 6 tablespoons water
2½ 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.
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) caster sugar
1 egg
125 g (4 oz) self-raising flour
125 g (4 oz) plain flour
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.

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**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  
¼ 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)

1 1/2 cups flour
1/2 teaspoon baking powder
1/2 teaspoon bicarbonate of soda
1/4 teaspoon salt
1/2 cup peanut butter
1/2 cup butter

1/2 cup brown sugar
1/2 cup white sugar
1 egg
1/2 cup milk
90 g (3 oz) homemade chocolate, chopped into small pieces (see recipe p. 183)


Chocolate Crackles

Makes: 24

3 tablespoons Cadbury Bournville Cocoa
4 cups rice breakfast cereal or rice bubbles

1 1/2 cups icing sugar
250 g (8 oz) vegetable shortening

Caramel Shortbread

Cooking time: 20–25 minutes
Oven temperature: 150°C
(300°F)

¾ cup plain flour
½ cup self-raising flour
2 tablespoons cornflour
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
2 tablespoons golden syrup
185 g (6 oz) sugar
1 egg, beaten

315 g (10 oz) self-raising flour
¼ teaspoon salt
2 teaspoons ground ginger

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)

1 1/2 cups wholemeal flour  
2 teaspoons baking powder  
1 tablespoon butter

[2 teaspoons sugar]  
[2 teaspoons honey]  
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 (1/2 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  
250 g (8 oz) wholemeal flour  
1/2 teaspoon salt  
2 teaspoons baking powder

[1/2 cup wheatgerm]  
[2 eggs, beaten]  
[1/2 cup water, more if 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  
¾ cup plain flour  
½ teaspoon salt  
1 teaspoon baking powder

60 g (2 oz) butter  
2 tablespoons milk  
(approximately)

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  
salt  
pepper  
90 g (3 oz) butter  
2 bacon rashers, finely chopped and fried

90 g (3 oz) grated block cheddar cheese  
a little water  
1 egg  
ground black pepper  
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 (¼”) 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.
Banana and Date Spread

90 g (3 oz) chopped dates  
pinch salt  
2 ripe bananas  
1 tablespoon whipped cream  
or mayonnaise  
(see recipe p. 108)

Blend all ingredients together.

Peanut Butter and Banana Spread

2 tablespoons peanut butter  
1 ripe banana  
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
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).

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**Cheese Spread**

125 g (4 oz) grated block cheddar cheese
30 g (1 oz) butter

Blend all ingredients together.

Variation: Add 1 tablespoon grated raw carrot.

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**Egg Spread**

3 hard boiled eggs, chopped
60 g (2 oz) butter

Blend all together.

Variation: Add 2 teaspoons chopped parsley.

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**Aubergine Spread**

1 aubergine, approximately 250 g (8 oz)
1 small onion
2 hard boiled eggs

white malt vinegar
salt
2 tablespoons oil
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  
sliver of garlic  
2 rashers of fat bacon  
salt  
1 medium onion, sliced  
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 4 bananas, peeled and cubed
2 cups sugar

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.

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**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.

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**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 (¾ 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)  
375 g (12 oz) sugar to each  
500 g (1 lb) fruit  
extra water

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.

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**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
- 4 tablespoons wheatgerm
- 4 tablespoons bran
- 2 tablespoons skim milk powder
- 60 g (2 oz) dried pineapple

- 125 g (4 oz) dates, stoned and chopped
- 60 g (2 oz) chopped unsalted peanuts
- 60 g (2 oz) dried pears, chopped

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
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 Milk powder
1 tablespoon sugar cinnamon
1 egg, separated

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 Eggnog

Serves: 2

1 ripe banana 150 ml (¼ pint) chilled milk
1 egg 150 ml (¼ pint) chilled pineapple juice
1 teaspoon sugar
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 recipe p. 134)
2 teaspoons sugar or honey

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
1 scoop ice cream (see recipe p. 134)
cinnamon sugar

3 level tablespoons Nestlé Malted Milk powder
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
1½ tablespoons Nestlé Malted Milk Powder

1 tablespoon sugar
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)
1 kg (2 lb) potatoes, cooked and mashed
2 cups lightly cooked carrot strips for spines
4 cups cooked peas
2 small carrot pieces for eyes, cut across
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’.

![Salmon Mornay Boat diagram](image)
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’.

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**CHOCOLATE PINEAPPLE CASTLE**

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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 hot water
2 tablespoons Cadbury Bournville Cocoa
2 cups icing sugar, sieved

Decoration
3 slices glace 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 glace 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.
**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’.

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

180
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’.

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 celotape. Cut an extra strip of crepe paper for each ‘flower’ and wind around the ‘stems’ taking care to camouflage the celotape.
Pineapple Candles

For each child allow:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ring pineapple</td>
<td>1</td>
</tr>
<tr>
<td>Half peeled banana</td>
<td>1</td>
</tr>
<tr>
<td>Toothpick</td>
<td>1</td>
</tr>
<tr>
<td>Pieces of glacé pineapple</td>
<td>(or dried paw paw)</td>
</tr>
</tbody>
</table>

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.

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Fig or Date Mice

For each child choose:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dessert fig or smooth date</td>
<td>1</td>
</tr>
<tr>
<td>Dried paw paw or glacé pineapple</td>
<td>1</td>
</tr>
<tr>
<td>Rice bubbles</td>
<td></td>
</tr>
</tbody>
</table>

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  
1 quantity chocolate frosting  
(see recipe p. 153)  
4 firm bananas  
8 paddle pop sticks

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  
salt to taste
1 tablespoon oil

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  
¾ cup sugar
2 tablespoons honey

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  
6 tablespoons Cadbury Bournville Cocoa
125 g (4 oz) pure icing sugar  
4 tablespoons full cream powdered milk
pinch salt

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  
$\frac{1}{4}$ cup white malt vinegar  
1 cup water

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 $\frac{1}{2}$ 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)  
$\frac{1}{2}$ cup evaporated milk  
2 tablespoons liquid glucose  
60 g (2 oz) butter  
$\frac{1}{2}$ 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**

\[
\begin{align*}
\frac{1}{2} \text{ cup condensed milk} & \quad 1 \text{ cup sugar} \\
2 \text{ tablespoons golden syrup} & \quad 90 \text{ g (3 oz) butter} \\
\frac{1}{3} \text{ cup liquid glucose} & \quad \\
\end{align*}
\]

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

\[
\begin{align*}
125 \text{ g (4 oz) butter} & \quad 1 \text{ tablespoon pineapple juice} \\
1 \text{ cup honey} & \quad 2\frac{1}{2} \text{ cups homemade muesli} \\
\frac{1}{2} \text{ cup brown sugar, lightly packed} & \quad \text{(see recipe p. 170)} \\
\end{align*}
\]

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)
References

Hyperactivity Associations

National Hyperactivity Association,
Australian Capital Territory and Southern NSW Region
P.O. Box 123,
Lyneham, A.C.T. 2614

National Hyperactivity Association,
P.O. Box 100,
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.,
P.O. Box 17,
Highbury, S.A. 5089

Hyperactive Help, W.A.,
P.O. Box 337,
Subiaco, W.A. 6008

Tasmania Hyperactivity Association (Reaction)
P.O. Box 20,
Kempton, Tas. 7409
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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.

Printed in Australia