

# WHO WOULD LOVE TO JOIN YOU FOR SLOW-COOKED LAMB?

## Ingredients

- 4 good sized lamb forequarter chops
- 2-3 onions, cut into wedges
- 1 whole bulb garlic
- 2 rosemary sprigs
- 5-6 stalks fresh mint
- 1 tbsp. balsamic vinegar
- Freshly ground black pepper
- 4 potatoes, peeled & sliced into ½ cm slices
- Virgin olive oil
- Sea salt

## Method

1. Place chops in a single layer in an oven-proof dish and sprinkle over and around with the onion wedges and garlic – broken up with the skin still on.
2. Top with rosemary and mint – bruised by crushing with the hand.
3. Top this alternately with potato and sweet potato. Finish off with a good drizzle of virgin olive oil and sea salt.
4. Bake in a slow oven (160°C) for around 90 minutes until the potatoes are baked and golden. Finish off the last 10 minutes on a higher heat to crisp up the potatoes.



A lot can change over the years, but a lot can also change in just a few minutes. **Let's have a talk?**



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# HAVE YOU EVER TRIED QUEENSLAND CAKE?

## Ingredients

- 375g raisins
- 375g currants
- 700g sultanas
- 250g dried pineapple, diced
- 175g glacé ginger, diced
- 1 cup pitted prunes, chopped
- 1 cup pitted dates, chopped
- 2 tbsp. treacle
- 1 cup rum
- 4½ cups plain flour
- ½ tsp. bicarbonate soda
- 1 dessert spoon ground allspice
- 1 dessert spoon ground cinnamon
- ¼ tsp. ground cloves
- 500g butter
- 500g brown sugar
- 10 eggs
- 400g raw macadamia nuts (not salted)
- 2 tbsp. of extra rum

## Method

1. Preheat oven to 130°C and double line a cake tin with baking paper. Let the paper extend over the top. Use 1 x 28-30cm square tin or 2 x 19cm square tins or 2 x 23cm round tins.
2. In a large bowl place all the fruit and pour over the rum and treacle, mix well. (This can be done a couple of days beforehand.)
3. Sift together the flour, bicarbonate of soda and the spices into another large bowl.
4. Cream the butter and sugar until light and fluffy. Add the eggs one at a time, mix well.
5. Scrape the butter mixture into the fruit mixture and add the flour. Mix well together.
6. Spoon into prepared tin/s and smooth the surface. Top with macadamia nuts in single layer.
7. Drop the cake from a low height onto the bench to expel any air pockets.
8. Bake for 3½-4 hours until the cake is cooked when tested with a skewer.
9. Remove from oven and brush with the extra rum. Cover while hot with a double layer of foil and leave for 24 hours to completely cool.



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## WHEN DO YOU MOST FEEL LIKE PUMPKIN SOUP?

### Ingredients

1 tbspn. margarine  
1 onion, diced  
1 potato, diced  
1 tspn. curry powder  
Pumpkin, peeled and diced fairly small  
Approx. 1 litre water or milk  
1 tspn. nutmeg  
Chicken stock cube  
(or powder mixed as directed)

### Method

Melt margarine in large saucepan. Brown all the vegetables, stirring occasionally to prevent sticking, and brown all surfaces. Mix the dry ingredients and add with the stock. Add water/milk and simmer until soft. Puree. If preferred, thicken with a tablespoon of flour mixed with  $\frac{1}{4}$ - $\frac{1}{2}$  cup cold water. Serve garnished with chopped parsley or chives.



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## WHAT'S YOUR FONDEST BREAD & BUTTER PUDDING MEMORY?

### Ingredients

$\frac{1}{2}$  loaf bread broken into pieces  
3 eggs, beaten  
 $\frac{1}{4}$  cup sugar  
1  $\frac{1}{2}$  pints milk  
 $\frac{3}{4}$  cup sultanas  
1  $\frac{1}{2}$  tspns. vanilla  
1  $\frac{1}{2}$  tbspns. butter

### Method

In a bowl soak bread in milk until softened. Mix until smooth. Stir in eggs, sugar, sultanas, butter and vanilla. Pour mixture into buttered dish. Bake in slow oven 1  $\frac{1}{2}$  hours until browned.



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# WHO DO YOU KNOW THAT MAKES THE BEST LAMINGTONS?

## Cake

### Ingredients

3 eggs  
15g butter  
¼ cup cornflour  
¾ cup self raising flour  
½ cup caster sugar  
3 tbsps. hot water

### Method

Beat eggs until light and fluffy and gradually add sugar. Sift dry ingredients into the egg mixture. Combine hot water and butter and add to the mixture. Pour into a buttered and lined lamington tin and bake at 180°C for 30 mins. Cool or freeze. Cut the cake into 16 squares. Dip each cake into chocolate icing and toss in coconut.

## Chocolate Icing

### Ingredients

500g icing sugar  
2 tbsps. butter  
⅓ cup cocoa  
½ cup milk  
Coconut for coating

### Method

Mix icing sugar and cocoa, add softened butter and milk. Cook over gentle heat until mixture is smooth, adding more liquid if required.



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# DID YOU EVER ENJOY A FRUIT FLAN IN YOUR CHILDHOOD?

## Biscuit Pastry

### Ingredients

90g butter  
1 egg  
½ tspn. baking powder  
2 tbsps. butter  
1½ cups plain flour

### Method

Beat butter and sugar until light and fluffy. Add egg and beat well. Mix in dry ingredients to a firm dough. Roll out and bake blind in 23cm pie plate for 20-25 mins. Cool.

## Filling

### Ingredients

3 tspn. custard powder  
1 cup water  
470g apricots  
½ tspn. vanilla  
½ cup cream  
2 tbsps. sugar  
½ cup Sunshine Instant Milk powder  
1 punnet strawberries  
470g pitted black cherries  
1 tbspn. brandy  
Glaze: 2 tbsps. apricot jam

### Method

Combine custard powder, sugar and powdered milk in saucepan. Gradually add water, stir until blended and smooth. Bring to the boil stirring constantly. Add vanilla, cool. When cold fold in lightly whipped cream. Pour custard into cold pie shell. Arrange well drained fruit and strawberries decoratively over custard. Combine jam and brandy in small saucepan, heat gently until boiling. Push through sieve and brush over fruit. Refrigerate no longer than 1 hour before serving. Serves 6-8.



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# WHAT'S YOUR FAVOURITE SUMMER MEMORY FEATURING PRAWN ROLLS?

## Ingredients

1 French bread stick

## Filling

### Ingredients

125g soft butter

1 cup grated matured cheese

1 can, 100g cocktail prawns or shrimps, drained

2 tspns. gherkin spread

½ tspn. salt

Pepper to taste

## Method

Beat all ingredients together until well blended. Cut bread ¾ way through into approx. 14 slices.

Spread the filling between each slice and a little over the top crust of stick. Wrap in foil.

Place on a rack over hot coals or bake at 200°C for 15 minutes until bread is heated through and crisp. Serve in a serviette lined basket.



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# WHAT EMOTIONS ARISE WHEN YOU THINK ABOUT APRICOT UPSIDE DOWN PUDDING?

## Ingredients

180g butter or margarine

⅓ cup brown sugar

425g can apricot halves (or cooked fresh apricots, halved and stoned)

¾ cup caster sugar

3 eggs

1½ cups SR flour (sifted)

1 tspn. ground mixed spice

## Method

Melt 50g of butter mixed with the brown sugar and spread over the bottom of a 5-cup oven-proof dish. Drain apricots, reserving 3 tspns. juice.

Arrange in the dish. Cream remaining butter with the caster sugar until light and fluffy. Add the eggs, one at a time, adding a tablespoon of the flour with the last two.

Beat thoroughly, then fold in the remaining flour, mixed spice and reserved apricot juice.

Spread over the apricots and bake in a preheated moderate oven 180°C (350°F) for 55 to 60 minutes, until the sponge springs back when lightly pressed.

Turn out on a warmed serving dish and serve with cream. Serves 6.



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# WHO DO YOU KNOW THAT WOULD APPRECIATE THESE SCONES?

## Ingredients

**225g** self-raising flour  
Pinch of salt  
**50g** butter  
**25g** caster sugar  
**1** medium egg beaten with milk to make 150ml liquid

## Method

1. Heat oven to 220°C
2. Mix flour and salt, rub in butter, and stir in sugar
3. Add egg and milk reserving a little for brushing the tops
4. Knead lightly on a floured surface and roll out to 1 cm thick and cut into 8 rounds
5. Brush the top with reserved egg and milk and bake for around 10 minutes.



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# WHO COULD YOU INVITE OVER FOR TEA AND GINGER SNAP BISCUITS?

## Ingredients

**225g** self-raising flour  
Pinch of salt  
**5ml** ground ginger  
**100g** caster sugar  
**75g** butter  
**100g** golden syrup  
**1** medium egg beaten

## Method

1. Heat oven to 180°C
2. Mix together dry ingredients
3. Warm the butter and syrup in a small saucepan until butter has melted and add to dry ingredients
4. Add the beaten egg and mix everything well
5. Place teaspoons of the mixture on baking trays lined with baking paper
6. Bake for around 15 minutes
7. Remove from baking trays and leave to cool on a wire rack.



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