



Donald Simpson Community Centre
Your Meeting Place



Recipe Book

Disclaimer

The recipes in this document are all sourced from members and friends of the Community Centre. These recipes have not been tested in a commercial kitchen nor have they been checked for copyright. DSC holds no responsibility for the outcomes of the food experiments. The recipes are intended for fun and/or informational purposes only.





I was really pleased to be asked to participate in the production of the Donald Simpson Recipe Book celebrating Harmony Day.

As a professional chef I am always amazed at the numbers of new food dishes that people want to share. Food and culture are integral to each other. You can't really have one without the other.

As I sat reading these recipes I was reminded of the various countries that were represented and the way that our community has responded in welcoming so many different groups.

The Redlands is particularly rich in cultural diversity and this is reflected in the cultural diversity in the DSC and by the recipes that so many sent in to share with others.

I hope you enjoy cooking these dishes and that in so doing you also share in a cultural experience of your own.

James Luthy

Foreword

Who doesn't refer to a cookbook these days? When we were planning our Harmony project, a cookbook was one of the first projects that came to mind. With a huge membership base at DSC, we knew there would be a great variety of recipes people would like to share.

From that thought, we have now ended up with this book, as Version 1. Some members were generous enough to share more than one recipe. My sincere thanks to all members who have contributed to the release of the first cookbook. We have decided to keep this book as a working document, keep adding to the existing book and releasing different versions every year.

Firstly, my sincere thanks and appreciation goes to Mr Jim Luthy. Jim is a chef and an ex-teacher with TAFE. Jim for the past couple of years has been working as a consultant with DSC Management and Board to help plan some of the big functions, events etc that we have done. When we mentioned the Cookbook to Jim, he was very delighted to be part of our team to help coordinate this project. Without Jim's expertise, we would not have been able to release the cookbook. Secondly, DSC volunteers (Chris, Merle, Jenny, Kathy & Candice) played a big role in typing up the recipes, formatting it etc. to the document that you have today. Lastly, thanks to our Chairman Tony Christinson, Deputy Chair Glen Morgan, Irene Christinson, and Anne Luthy.

This was the team that has been working with Chef Jim Luthy in running the project. Happy reading everyone and I hope it inspires you to try out some of the recipes.

Best Wishes
Thomas Jithin
Manager, DSC





If there's anything that epitomises the multicultural nature of Australia, it's the changing nature of what we eat and the cuisine we head for with a bottle or two of whatever we drink.

On our nights out, we tend to go to a Thai, Indian, Chinese, Greek, Vietnamese or other restaurant serving the Australian version of ethnic food.

At home we're likely to eat a pasta, a stir fry, a curry, a moussaka, fried rice or something that's not the traditional Australian fare of steak or sausages and mashed pumpkin, potatoes and peas. Some may even eat more unusual dishes such as kimchi, borscht or paella.

Our exposure to foods from other lands is largely filtered through the kitchens of the restaurants which serve a particular cuisine. However, many of us grew up in homes where meals, originating from other communities, were cooked according to recipes in people's heads. These are the recipes we have tried to bring you in this collection.

Sometimes, our memories are a little imperfect so some recipes have been researched a little but, essentially, they are recipes which contributors enjoy and have been willing to share. Enjoyment of food, not to mention the accompanying liquids, is very often a shared experience and, while some guard their recipes jealously as a mark of their mystique, others are willing to share the recipes as well as the enjoyment of their foods.

It is in this spirit that we hope you will try recipes from this collection which appeal to you, share the resulting delights with others and, if you realise that you have a favourite recipe which you could have contributed, send it to us for addition to the collection. Bon appetit.

*Tony Christinson
Board Chairman*

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ASPARAGUS DIP

Instructions

- 1: Drain asparagus, reserving liquid
- 2: Puree asparagus, and combine with cream the cheese.
- 3: Place in an electric blender with lemon juice and salt & pepper and blend until smooth
- 4: (Optional) Add a little bit of lemon juice to give some added tang

NOTE: - Often some pieces of asparagus are very fibrous and will have to be removed

Submitted by Janet Carter .



Ingredients

1 x 310g can

Asparagus

1 x 125g packet

Cream Cheese

1 Teaspoon

Lemon juice (Optional)

Pinch

Salt & Pepper to taste



TROPICANA DIP

Instructions

1. Place cream cheese in a basin and beat until smooth
2. Gradually add $\frac{1}{4}$ cup pineapple juice while continuing to beat
3. Add soup mix and well drained pineapple and stir well
4. Chill for at least an hour

Submitted by Janet Carter

Ingredients

1 x 450g can

Crushed Pineapple

1 x 125g packet

Cream Cheese

$\frac{1}{2}$ packet

Mushroom Soup



MEXICAN DIP

Instructions

1: Drain beans and combine with yoghurt in a blender and process until smooth.

2: Stir in remaining ingredients, cover and refrigerate at least 1 hour.



Submitted by Janet Carter

Ingredients

1 x 310g can

Red Kidney Beans
(Drained)

$\frac{3}{4}$ cup of

Natural Yoghurt or
Sour Light Cream

1 small

Clove of Garlic (crushed)

1 packet

French Onion Soup

$\frac{1}{4}$ Teaspoon

Chilli Powder

SWEETCORN DIP

Instructions

- 1: Cream butter until soft, then add mustard, cheese, corn and onion
- 2: Add salt and pepper to taste and sufficient cream to make a soft consistency
- 3: Chill before use.



Ingredients

1 x 90g
Butter or Margarine
1/2 Teaspoon
Dry Hot English Mustard
2 x cups
Grated Cheddar Cheese
1 x Medium Can
Creamed Sweet Corn
1 x
Onion grated
4-5 Teaspoons
Cream
Pinch of
Salt & Pepper to taste

Submitted by Janet Carter

HALLOUMI SALAD



Halloumi is a specialty cheese from Cyprus. It has a salty taste and can be kept for one year.. Cypriots eat halloumi for breakfast, lunch or dinner either fresh, grilled or fried.

Halloumi salad can be made with your choice of salad ingredients and lightly fried halloumi.

Instructions

1. Mix the greens and sliced avocado in a serving dish
- 2: Cut the halloumi into pieces about 1 centimetre thick and 4 or 5 centimetres long. Lightly fry in a small amount of olive oil until golden brown on both sides.
- 3: Set the halloumi aside and lightly toast the seeds and/or nuts.
- 4: Mix the lime juice, balsamic vinegar, olive oil and garlic (amounts according to preference) to make the dressing.
5. Add the halloumi to the greens and avocado, drizzle the dressing over the salad and add the toasted nuts and seeds.

Ingredients

Greens - lettuce, baby spinach etc.

Avocado

Mixed seeds or nuts
sesame, pumpkin,
cashews etc.

Olives

Lime juice

Balsamic vinegar

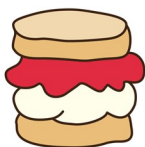
Olive oil

Garlic (crushed or
chopped)

Halloumi

Submitted by Tony Christinson

MRS WILKINSON'S PARSLEY SCONE



Instructions

1. Place cooked bacon on absorbent paper to soak up oil.
2. Rub in flour and butter till it resembles breadcrumbs.
3. Add cooked bacon and cheese and mix
4. Add Parsley
5. Bind with ketchup and milk and add Worcestershire Sauce
6. Shape into a fairly thick round and mark into slices
7. Brush with milk and cover with grated Cheese
8. Cook for 20 - 30 minutes at 180 degrees C
9. Split and butter (like a conventional scone) and eat warm with more cheese. It makes a good starter with salad, or as a lunch or tea dish.

Ingredients

227g self-raising
flour

28g butter

1 tablespoon
Tomato Ketchup

1 teaspoon
Parsley

85g Cheddar
cheese

60g chopped fried
Bacon

Dash of
Worcester sauce

Milk to bind,
about 100 ml

Submitted by Carole Cresswell



PASTA SAUCE

Instructions

1. In a heavy pan – if possible Sauté onion and garlic with two tablespoons of olive oil
2. Mash with a potato masher while cooking.
3. Simmer gently for about 30 minutes.
4. Add desired seafood, Simmer until cooked.
5. Then add 1 tablespoon chopped fresh basil and take off heat.
6. Serve with your choice of pasta, garlic bread and parmesan cheese.

Ingredients

- 1 Large Chopped Onion
- 4 Cloves Crushed Garlic
- Add 2 medium Cans Whole Peeled Tomatoes
- 2 Tablespoons of Tomato Paste
- 1 Dessert Spoon of Lemon Juice
- 2 Dessert Spoons of Sugar
- 1 Teaspoon of Basil
- ½ Teaspoon of Dill (opt)

Submitted by Lynette Mercer – Fiji

SALAD KINGARROY



Ingredients

400g French beans, 20g shelled hazelnuts, 20g cashews, 20g macadamia nuts, 2 tablespoons parsley, 1 teaspoon Australian mustard, Juice of one lemon, 4 tablespoons chilled double cream, 4 lettuce leaves, Salt & pepper

Instructions

Serves 2

1. Top and tail the beans in the usual way. Wash them and drain in a colander.
2. Bring 3 litres (5 ¼ pts) of water with 2 tablespoons of course salt to the boil and throw in the beans. Do not cover.
3. When they have cooked for 4-5 minutes take one out from time to time and test it between your teeth to see if it is done.
4. When the beans are still just slightly crisp, drain them quickly and plunge into cold water. (This stops the beans from cooking and keeps them beautifully
5. green)
6. Drain carefully, if necessary drying them on a cloth, and keep in a cool place.
7. Cut all the nuts into thin slices with a small sharp knife and toast lightly in a frying pan over a brisk heat, stirring all the time. They should not brown, but remain pale. This can be done in the oven (or under the ordinary grill). Put the nuts on a plate to cool.
8. Take the chilled bowl out of the refrigerator, and put the chilled cream, mustard, lemon juice, salt and pepper into it. Whisk lightly to mix the ingredients thoroughly, then add the chopped chervil (if used) and the beans. Turn the beans over in the cream with a spoon. Taste the dressing and add salt if necessary. This operation should not be carried out more than half an hour before the meal.
9. In each of two deep plates put two lettuce leaves like open hands. Pile the beans, in their dressing, on the lettuce in two mounds, and finish with a sprinkling of grilled nuts.

MOLO SOUP

Instructions

For Molo Soup – you need wonton pastry

1. In a large basin or bowl, combine all ingredients and mix well.
2. In a large pot, sauté garlic in 2 tablespoons olive oil, add ginger and onion and stir until onion appears translucent. Add chicken pieces, stock powder and salt to taste, stir for a minute, then add water.
3. Put a teaspoon of the mixture in the middle of the wonton pastry and pull four corners together (corner to corner) then press them firmly to form a little pocket with 4 pleats in them. Repeat process to the desired numbers of molo wraps done.
4. Cover and bring to the boil, then simmer for at least 15 minutes or until chicken is tender and fully cooked. If the water reduces too much, add some more to bring back to the original quantity, bring it back to the boil, then drop the molo wraps one by one in the boiling soup base. Cook on high until the molo wraps float on top. Garnish with sliced shallot.



Ingredients

1 kg Pork Mince
1 med size Onion diced or
thinly sliced shallot
1 medium Carrot
1 teaspoon of salt to taste
1 teaspoon of chicken
stock powder (optional)
¼ tsp pepper
2 eggs lightly beaten

The Soup Base – you need:

½ kilo chicken pieces
2 cloves of crushed garlic
1 teaspoon of crushed ginger
1 med onion diced
2 tbsp olive oil
1 ½ litre of Water
1 teaspoon salt to taste

Submitted by Flor Birkett



REDLANDS TOMATO SOUP

Instructions

Serves 2

1. Cook the onions and leeks in the butter over a low heat for approximately 10 minutes, making sure they do not brown.
2. Remove the stalks from the tomatoes, chop them into quarters and add to the onion and leek mixture.
3. Add the garlic, sugar and other herbs except for the chives.
4. Cook this mixture for 10 minutes and while it is cooking dissolve the chicken cub in a $\frac{1}{4}$ litre of boiling water and then add to the tomato mixture and boil for 3 minutes.
5. Pass the mixture through a sieve and reheat. Adjust seasoning.
6. Whip the cream and egg yoke together and add to the soup.
7. Garnish the chives and serve immediately.

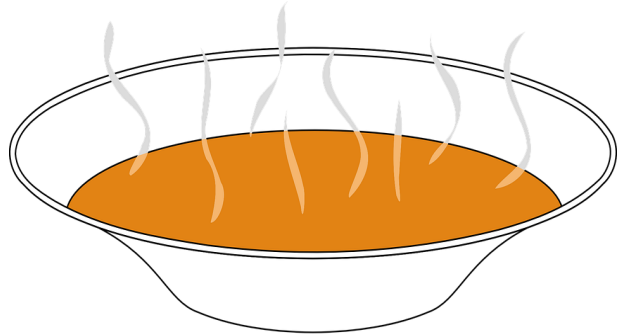
Ingredients

400g very ripe tomatoes
120g sliced onions
60g sliced white of leek
1 clove crushed garlic
60g chopped fresh chives
5g thyme
5g basil
1 chicken stock cube
60g butter
80mls cream
1 egg yolk
3g castor sugar
Salt and pepper

SWEET POTATO SOUP

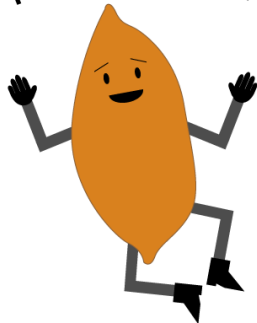
Instructions

1. Fry onion and garlic in small amount of olive oil.
2. add lentils and stir
3. Then add sweet potatoes.
4. Cover with chicken stock and simmer for approx. 20 minutes.
5. Add salt and pepper.
6. When cool puree in blender.



Submitted by Margaret Clark

potassi-yam!



Ingredients

3 Medium sweet potatoes
peeled and roughly chopped

1 cup red lentils

1 onion

3 cloves garlic

Salt and pepper to taste

1 litre of chicken stock

ZUCCHINI SOUP

Instructions

Put all ingredients into a pot and simmer for 20 minutes then blend with a spoon.

Submitted by Janette Sheehan



Ingredients

3 Large zucchinis with skins on

1 brown onion

2 stalks of celery

2 cups of chicken stock (or a packet of chicken noodle soup with water).

1 to 3 teaspoons curry powder or to taste

BARBECUED PRAWNS

Instructions

1. Shell prawns, leaving tail intact, remove veins. Thread prawns wrapped in strips of bacon on to skewers.
2. Place skewers in single layer dish.
3. Combine all remaining ingredients and pour over prawns, cover, stand for at least 1 hour, turn occasionally.
4. Remove skewered prawns from juice, reserve juice.
5. Barbecue until prawns are cooked basting with reserved juice.

Ingredients

1kg green king prawns

4 bacon rashes

1 tablespoon lemon juice

1 tablespoon soya sauce

½ cup oil

½ teaspoon crushed
garlic

1 tablespoon sherry

Submitted by Joyce O'Sullivan, Thornlands



COCONUT LAMB SATAY

Preparation time: 10 minutes + 2 hours
standing

Cooking time: 6 minutes

Instructions

Serves: 4

1. Remove fat and bones from lamb chops and cut into 2 cm cubes.
2. Combine lamb with chopped onion, garlic, tamarind sauce, soy sauce, vinegar, sambal oelek and coconut. Place in marinade and refrigerate overnight or for a minimum of two hours.
4. Thread lamb onto skewers, brush with combined oils and cook under a hot preheated grill or BBQ until cooked to your satisfaction.

Hint:

Try this marinade with beef, chicken or pork.



Ingredients

- 4 lamb leg chops
(about 800g)
- 1 small onion
- 1 clove garlic,
crushed
- 1 tablespoon
tamarind sauce
- 1 tablespoon light
soy sauce
- 1 tablespoon
vinegar
- 1 teaspoon sambal
oelek (sweet soy
sauce)
- ¼ cup desiccated
coconut

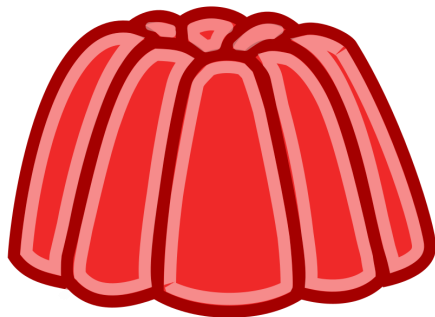
PINEAPPLE AND CARROT JELLY (AUSSIE STYLE)

Instructions

1. Drain juice and heat in saucepan with lemon jelly until dissolved.
2. Add all ingredients into a mixing bowl and stir till combined.
3. Pour into mould and set in fridge.

This dish can be garnished with stuffed eggs and served as a side dish at a BBQ.

Submitted by Daphne Williams



Ingredients

- 1 Lemon jelly
- 1 small tin crushed pineapple
- 1 teaspoon white vinegar
- ½ teaspoon salt
- 1 large carrot – grated
- ½ cup cooked corn
- ½ cup cooked peas
- 1 teaspoon chopped mint leaves

SOUVLAKJA - KEBAB



Souvlaki is a very well known dish in Cyprus. It is served in most tavernas and restaurants and in kebab houses. They are made either with pork or lamb meat. From kebab shops you take away souvlaki in pitta. Pitta is a kind of Cyprus bread in which souvlaki or sheftalia are served. At home you can prepare souvlaki and cook it on charcoal BBQ or under the grill.

Instructions

1. Thread the pieces of meat on skewers or wooden sticks and cook them over charcoal BBQ or under the grill until cooked.
2. Turn the skewers from time to time to avoid burning the meat.
3. Serve the souvlaki in pitta with onion, parsley, tomatoes and cucumbers, all cut into small pieces.
4. The kebab may also be served on a plate with fried potatoes and a salad made of tomatoes, cucumbers and cabbage.
5. This recipe can also be made with chicken. Similarly, one can cut the pieces of lamb into much bigger pieces and thread onto a bigger skewer and cook over charcoal BBQ. This is called “souvla”. It is the traditional Easter recipe.

Ingredients

Half a kilo of pork or lamb leg

Salt & Pepper

2-3 tablespoon of olive oil

1-2 tablespoon of lemon juice

Half a teaspoon of marjoram

1-2 tablespoons chopped
onion

1/4 Teaspoon

Chilli Powder

BAKED MORETON BAY CREPES



Instructions

1. To prepare the crepes, combine the flour, egg and salt and then whisk in the milk. Melt the butter and whisk into the mixture.
Makes 8-10 crepes 12 cm across.
2. Bring the cream to the boil and season with salt and pepper.
3. Pre-heat the oven to 200°C. Butter a soufflé dish large enough to take the crepes.
4. Place one crepe on the base of the dish and place on some sliced bug, a tablespoon of cream, another crepe, some prawns, more cream, another crepe and so on until all the ingredients are used. Cook for 15 minutes.
5. Invert the crepe mixture onto a serving dish and sprinkle with the cheese and brown under a griller.

Ingredients

70 grams thinly sliced
Moreton Bay Bugs which have
been lightly poached.

140 grams halved king prawns
lightly poached

200 millilitres double cream

20 grams Gruyere cheese cut
into thin strips

Salt and pepper

Crepe Mixture

50 gms plain flour

1 egg

15 gms butter

6 table spoons milk

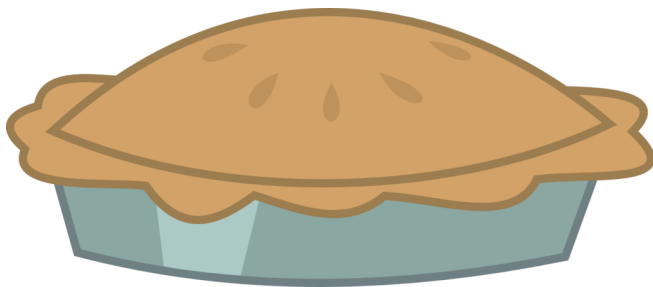
Olive Oil

Salt and pepper

BEEF AND GUINNESS PIE

Instructions

1. Sauté onions until soft
2. Add beef and brown
3. Add tomato paste and let cook for a few mins then
4. Add Guinness and boil for 5 mins.
5. Add stock make up with a cup of hot water.
6. Add carrots and simmer until meat is tender about 1 ½ to 2 hours.
7. Add salt and pepper to taste then thicken with gravy powder.



Ingredients

- 1 kg diced beef
- 2 large brown onions (diced)
- 3 large carrots (diced)
- 3 tablespoons tomato paste
- 4 beef stock cubes or Stock Powder
- 1 can Guinness
- Instant gravy powder or granules for thickening
- Salt and Pepper for seasoning



CHICKEN ON THE MURRAY

Adapted from an Italian dish using goat from the "Gondola on the Murray"

Instructions

Serves: 4

1. Convection oven at 180o C
2. Ordinary oven at 190o C
3. Cook for approximately 1 hour until the chicken is tender (Mix the breadcrumbs and grated parmesan cheese together in a plastic bag)
4. Place the chicken pieces into a large shallow baking dish.
5. Intersperse them with the potatoes, onion and garlic, keeping it all in one layer.
6. Add the wine and stock. Sprinkle with olive oil, black pepper and oregano.
7. Add the rosemary sprigs, pushing them into the cracks between the chicken and potatoes.
8. Put a spoonful of the tomato mixture on top of the chicken pieces.
9. Toss over the breadcrumbs and grated parmesan to cover
10. Cover the dish in foil.
11. Note: the quantities need not be exact – this is a rough peasant dish!

Submitted by Bernie and Daphne Cornish

Ingredients

8 chicken thighs without bone, all skin and fat removed or 8 "lovely legs"

4 peeled potatoes cut into chunks

2 onions skinned and cut into thick slices

3 cloves of garlic chopped or 3 teaspoons of crushed garlic

1 cup white wine

3/4 cup chicken stock

Sprinkle of olive oil, black pepper and oregano

Six rosemary sprigs

1 large tomato, diced and mixed with 2 tbs tomato paste

Fresh breadcrumbs from a large slice of wholemeal bread

CHOKO FRITTERS

Instructions

1. Peel and grate chokos. Sprinkle 1 tsp salt to the grated chokos and let stand for a few minutes. Then **squeeze** grated chokos dry.
2. (The salt helps in drawing out the moisture from the chokos).
3. Then add the other ingredients and mix them well.
4. In a frying pan, pour shallow oil, heat it up, then spoon mixture into the oil to form fritters. Flatten them slightly to even them out.
5. Fry until golden brown.

NOTE: Please allow 1 egg per choko for binding purposes. You can add a bit of flour if you so wish, a tbsp is enough.

Submitted by Flor Birkett



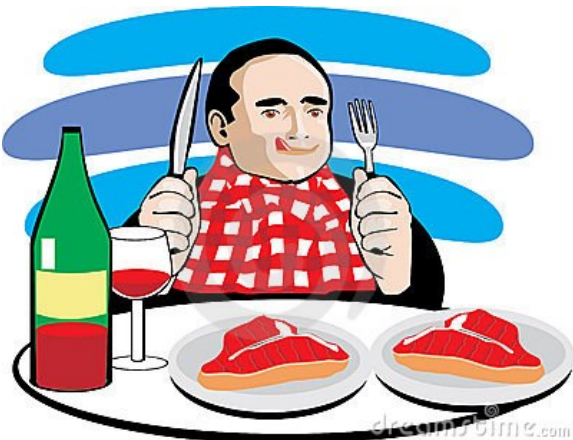
Ingredients

2 Chokos
2 Bacon rashers sliced into thin strips
1/2 med size onion thinly sliced and diced
1/2 teaspoon of salt or according to taste OR 1 teaspoon of stock powder
2 eggs lightly beaten
1/4 teaspoon pepper
Rice Bran Oil or Olive oil for frying

FRENCH STEAK

Instructions

1. Preheat Oven to 170°C
2. Coat the meat in the flour and put the steak into a casserole dish then season with salt and pepper.
3. Mix water, sauces, vinegar, sugar and mustard powder together and pour over the steak. Add onion slices.
4. Cover and cook in a moderate oven for approximately two hours.
5. Serve with mashed potato and vegetables of your choice.



Submitted by Janette Buddee

Ingredients

700 grams Chuck or Blade Steak

(cut into smaller pieces if desired)

2 tablespoons plain flour

1 cup of water

4 tablespoons tomato sauce

1 tablespoon Worcestershire sauce

1 tablespoon vinegar

2 teaspoons sugar

1 -1/2 teaspoons mustard powder

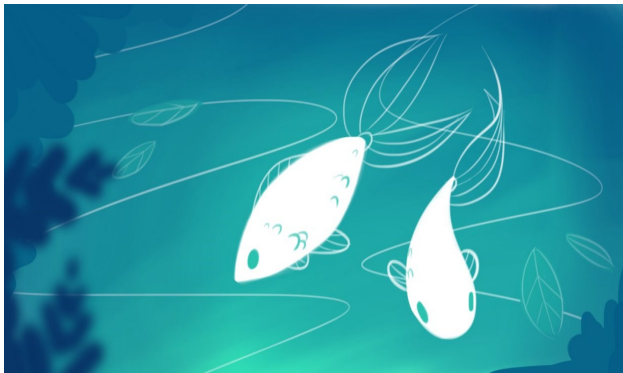
1 large onion, peeled and sliced

FISH IN COCONUT BEER BATTER

Instructions

1. Sift flour, with added seasoning into a bowl and mix in the beer till smooth.
2. Stir in the coconut.
3. Toss fish in extra flour and shake off excess.
4. Dip fish into beer batter. Deep fry in hot oil till golden brown.
5. Drain well and serve with sauce, chips and a green salad.

Submitted by **Lynette Mercer** –
Fiji



Ingredients

Firm white fish fillets such as Snapper. Slice into halves.

1 Cup Plain Flour

1 ¼ Beer

4 Tablespoons Finely Grated Coconut

Plain Flour extra

Salt and pepper

Sauce

1/3 Cup Sour Cream

1/3 Cup Mayonnaise

1 Teaspoon Chopped Capers

¼ Cup Finely Chopped Gherkins...or Dill Pickles if preferred

2 Tablespoons Tomato Sauce

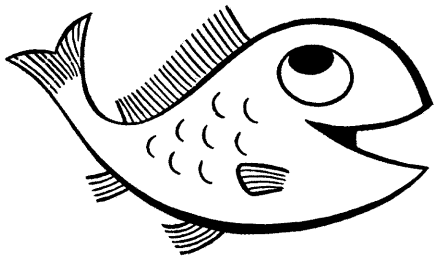
GRANDMA'S FISH DISH



Instructions

1. In a largish pot sauté the onions then add everything except the salt, pepper, chili and capsicums.
2. Simmer uncovered for about half an hour to three quarters.
3. About halfway through I usually mash the tomatoes up a bit with a wooden spoon and add a couple cups of water.
4. While this is simmering cut the de-boned fish into bite sized pieces.
5. Season and flour the pieces and egg and bread crumb the pieces.
7. Quickly fry in butter or margarine.
8. Season the sauce and add the capsicums and fish pieces to the pot of sauce.
9. Stir gently a couple of times and remove from the heat.
10. When cool refrigerate overnight. This can also be served hot with pasta, rice, potato bake.

Submitted by Lynette Mercer – Fiji



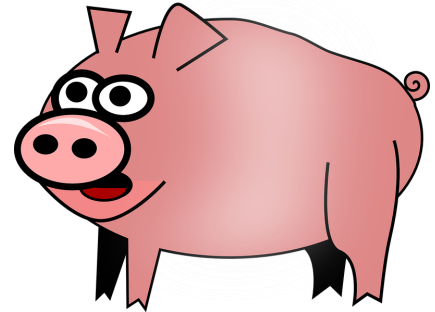
Ingredients

500-600 Grams of Snapper
1 Large Can of Tomatoes
500 g. Fresh Tomatoes
chopped
3 Big Onions chopped
2 Large Carrots grated
2 Cups Tomato Sauce
2 Heaped Tablespoons Sugar
1 Heaped Tablespoon Dijon
(or any not hot) Mustard
Half Cup Capsicum Slivers
Salt & Freshly Ground Black
Pepper to taste

GREEN CABBAGE WITH BACON AND APRICOTS

Instructions

1. Cut bacon into 1 cm cubes and sauté in the oil and butter for 2 minutes.
2. Slice the cabbage into strips 1cm x 6cm add to the bacon. Add the apricots and mix thoroughly.
3. Cover with a lid and cook slowly for 12 minutes.
4. Add the dry white wine and the seasoning.



Ingredients

1 cabbage approx. 1 kg
100 grams butter
80 mls olive oil
150gms lean bacon
200 grams apricots – fresh
200 millilitres of dry white wine
Salt

HUNGARIAN PAPRIKA CHICKEN

Instructions

1. Sautee Onions until golden, add chilli and cook for another minute.
2. Take off heat, add Paprika and coat the chicken pieces
3. Season with salt and pepper
4. Place in casserole dish, cover and cook for 1 ½ hours at 140°
5. Serve with cooked buttered noodles.

Ingredients

- 8 Chicken Pieces
- 2 Onions (diced)
- 2 Tablespoons of Oil
- 1 Tablespoon of sweet Paprika
- 1 Red Chilli (diced)
- 1 packet of noodles of your choice

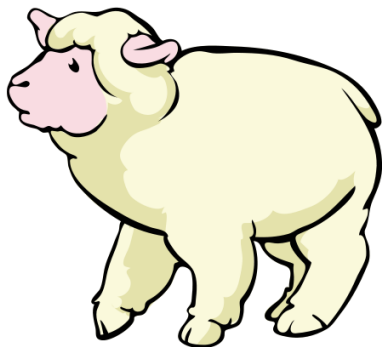


LAMB LOIN CHOPS WITH PARSNIP PUREE

Instructions

1. Cook the parsnips in water with the sugar until tender and turn into a puree adding the nutmeg, cream and seasoning.
2. While the parsnips are cooking sauté the lamb turning often and when they are cooked place on a hot plate to keep warm.
3. Deglaze the pan with the vermouth and orange juice and reduce by half. Adjust the seasoning.
4. Place the chops on the puree and garnish with slices of fresh lime.

Serve the sauce separately.



Ingredients

8 lamb short loin chops

30 grams butter

120 millilitres dry
vermouth

2 oranges - juiced

600 grams parsnips

Nutmeg

Salt and freshly ground

black pepper

50 millilitres fresh cream

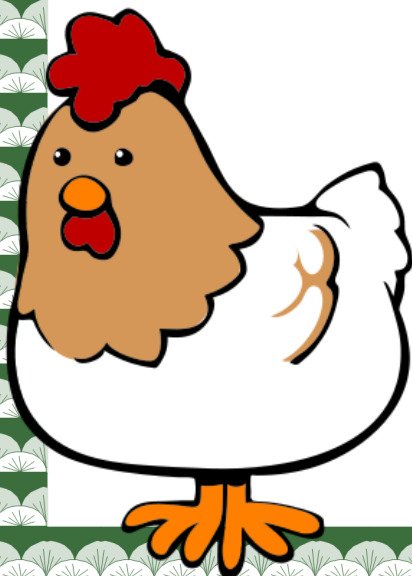
20g rams sugar

3 fresh limes

MARINATED CHICKEN WITH CUCUMBERS

Instructions

1. Ignite the rum in a pan over a low heat. Add the soy sauce and lime juice to the rum.
2. Pour mixture over the chicken and allow to stand for 2 hours at room temperature.
3. Dry the pieces of chicken and season with salt and pepper and then dust with flour.
4. Fry in the oil until cooked and place on a tray in the oven to keep warm.



5. Peel, halve and deseed the cucumber and cut into 1cm dices and then sauté until transparent. Drain well.

Ingredients

4 large chicken breasts divided into halves

100 millilitres of dark rum

100 millilitres of light soy sauce

100 millilitres of fresh lime juice

Salt and freshly ground black pepper

flour

olive oil

2 cucumbers

200 grams butter

NASI GORENG



Preparation time: 15 minutes

Instructions

Serves 4

1. Peel and de-vein prawns. Slice chicken fillets into thin strips.
 2. Beat eggs with a fork until blended.
 3. Heat 1 tablespoon of oil in a frying pan, pour in eggs, cook over low heat until eggs have set, lift out.
 4. When omelette is cold, roll it up, slice thinly.
 5. Heat remaining oil in frying pan, add prawns, chicken, carrot and garlic, stir-fry until brown.
 6. Add sambal oelek, soy sauce, rice and spring onions, stir-fry until heated through.
 7. Serve garnished with omelette strips and spring onion and red capsicum curls see Hint.
 8. Note: Serve Nasi Goreng as a main meal on its own or as an accompaniment. You will need to cook 1 ½ cups of raw rice for this recipe.
 9. Cooked rice should be cooled before using for fried rice; this prevents glugginess.
- Hint: To curl spring onion and capsicum, cut into fine strips, place in iced water and refrigerate.

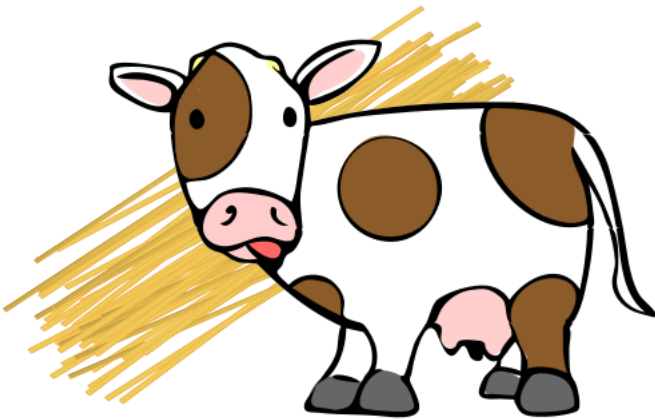
Ingredients

500g medium sized green prawns
2 chicken thigh fillets
2 eggs
3 tablespoons peanut oil
1 large carrot, cut into fine julienne strips
1 clove garlic, crushed
1 tablespoon sambal oelek (sweet light soy sauce)
1 tablespoon dark soy sauce
4 cups cooked rice
4 spring onions, sliced on diagonal
Spring onions and red capsicum, cut into strips and curled

NOODLES A LA CREME

Instructions

1. Bring at least 3 litres of water to the boil and add the olive oil to the water.
2. Add the pasta and cook for approximately 10 minutes.
3. While the noodles are cooking, crush the garlic and cook it in the butter.
4. Strain the noodles, return them to a heavy based frying pan and add the cream, garlic and parsley.
5. Serve immediately with a bowl of grated parmesan.



Ingredients

150gm spinach
flavoured tagliatelle

150 gm tomato
flavoured tagliatelle

1 clove garlic

20g chopped parsley

25 gms butter

80 mls double cream

40 mls olive oil

100 gm parmesan
cheese - grated

Salt and black pepper

PANCIT BIHON



Instructions

1. Simmer chicken in water until meat is tender. Drain and set aside.
2. In a wok, heat oil, sauté garlic and onion, then add all prepared vegetables, stir.
3. Then add the chicken with the stock, soy sauce, pepper and slowly submerge the rice noodles.
4. Place the vegetables on top of the rice noodles and allow them to absorb all the moisture in the wok. Stir and mix rice noodles and vegetables together. Rice noodles are cooked once they appear translucent or when all the water is absorbed.
5. Place noodles in a large serving bowl or platter then garnish them either way:
6. Lightly beat 2 eggs with a dash of salt and pepper and fry it. Slice them in 1 cm square and top noodles with them.
7. After frying the egg, you can also fry 2 pieces of cabanossi and slice them thinly. Scatter them on top of the egg.

Ingredients

230grams Rio Noodles
250 grams Chicken thigh fillets sliced into strips
(Pork and prawns can also be added together with the chicken)
1/2 litre Water
1 1/2 tablespoons of olive oil
1 clove of garlic (crushed)
1 onions diced
1 cup of sugarloaf cabbage cut in strips

PANCIT CANTON



Instructions Serves : 6-8 people

1. Pre-cook chicken in a litre of water for 5-10 minutes, save water for stock.
2. Heat wok and add olive oil, saute' garlic until golden brown, add onion and cook until translucent, then add chicken and vegetables and stir fry for a minute.
3. Add stock, pepper, soy sauce and 4 squares of dry noodles. Mix well and cook until all juices are absorbed. If noodles appear dull, add more water, cook further until noodles appear to be translucent.

Submitted by Flor Birkett

Ingredients

- 4 squares of noodles (Ayam brand) OR buy some at the Asian Shop by that name Pancit Canton (1 – 2 packets)**
- 2 tablespoon of olive oil**
- 1-2 cloves of crushed garlic**
- 1 onion diced**
- ½ kilo chicken thigh fillets sliced in strips**
- 1 carrot cut in strips**
- ½ sugarloaf cabbage cut in strips**
- 10 pieces of snow peas cut in halves**
- 1 litre hot water**

PORK ADOBO

Instructions

1. Combine all of the above ingredients in a large pot and mix them well.
2. Cook on a stove set on high then bring it to the boil, reduce heat and simmer for 15 minutes.
3. Continue cooking until all the juices are nearly dry.
4. Serve with steamed rice.

NOTE: - Cook rice to serve with the meal.

Submitted by Flor Birkett



Ingredients

**1 kilo Pork spare ribs cut
in chunks (2 1/2 cm
approx.)**

1 med onion diced

1-2 cloves garlic crushed

1 knob ginger thinly sliced

**2 tbsp. vinegar or juice of
1 lemon**

**½ cup dark soy sauce or
to taste**

2tbsp tomato sauce

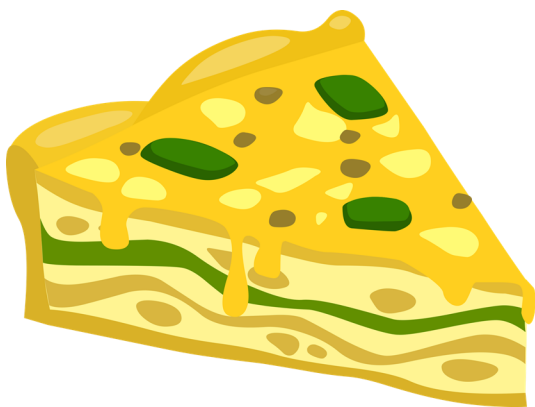
QUICHE

Instructions

1. Place all ingredients in a large mixing bowl with a lid.
2. Seal the bowl and shake well.
3. Pour into greased pie dish or muffin tray.
4. Bake for 30 minutes, in 180c or until filling is set.

(check after 20 minutes with a fork)

Submitted by Kathy de Vries



Ingredients

4 Eggs

1 Cup Milk

1 Cup Carnation
evaporated milk

1 Cup diced (ham, bacon
pieces or chicken)

½ Cup grated cheese

½ Cup of packet scone mix

1 small grated onion

2 tablespoons of soft
butter or margarine

Pinch of salt and pepper

SAUTE POTATOES

Instructions

1. Wash the potatoes thoroughly.
2. Boil some water, just enough to cover the potatoes, then place potatoes into the boiling water.
3. When the potatoes are cooked, drain them and allow them to dry.
4. Slice the potatoes into 8-10 mm slices – do not peel.
5. Season with salt and pepper.
6. Melt butter in a heavy based frying pan and when the butter begins to foam brown the potatoes for approximately 2minutes on each side.

Ingredients

4 large potatoes of
approximately 130

gms each

Salt and freshly

ground green

peppercorns

100 gms butter



SAVORY MUFFINS

Instructions

1. Place all ingredients in a large mixing bowl with a lid.
2. Seal the bowl and shake well.
3. Pour into greased pie dish or muffin tray.
4. Bake for 30 minutes, in 180c or until filling is set.

(check with a fork after 20 minutes)



Submitted by Kathy de Vries

Ingredients

4 Eggs

1 Cup Milk

1 Cup Carnation
evaporated milk

1 Cup diced (ham,
bacon or chicken pieces
cooked)

½ Cup grated cheese

½ Cup of packet scone
mix

1 small grated onion

2 tablespoons of soft
butter or margarine

Pinch of salt and
pepper

SEAFOOD HOTPOT

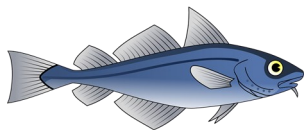
Ingredients

2 Tablespoons Olive Oil, 1 Onion sliced, 1 Clove Garlic crushed. 2 Fresh Chillies chopped, 3 Tomatoes, 1 Green or Red Capsicum seeded and chopped, 1 Cup Fish Stock or water, 1 Tablespoon Oyster Sauce, 1 Tablespoon Fish Sauce, 250g Green Prawns shelled and de-veined, 250g Fish Fillet bones removed and chopped, 250g Calamari sliced, 125g Mussel Meat, ½ Cup Coconut milk (optional), 4 Cups Hot Cooked Jasmine Fragrant Rice, Chopped Coriander

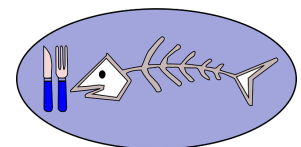
Instructions

Serves: 6

1. Heat oil in a wok or large frypan. Stir-fry onion, garlic and chillies until onion is tender. Add tomatoes and capsicum. Stir-fry for 1 minute.
2. Blend in stock and sauces. Bring to the boil. Reduce heat. Simmer for 10 minutes or until slightly thickened.
3. Add seafood to pan with coconut milk. Cook gently, stirring for 2 or 3 minutes or until seafood changes colour.
4. Serve on a bed of jasmine fragrant rice, sprinkled with coriander.



Submitted by Barbara North



SPINACH TARTLETS

Cooking time: 10-15 minutes

Makes: 20 – 30 tartlets



Instructions

1. Shift flour into a bowl; cut butter into small pieces and rub into flour, add egg and a pinch of salt and mix all together to a smooth dough. Wrap in a floured cloth and place in refrigerator.
2. Wash spinach, trim stalks and put in a saucepan with 2 tablespoons fresh water, add a pinch of salt, cover with lid and cook for 15 minutes.
3. Drain spinach and chop finely, add candied peel, almond extract and ground almonds and mix well together.
4. Set oven to 200c. roll pastry out thinly on a floured board and cut into circles, using a cookie cutter.
5. Put a teaspoon of spinach mixture on each circle, fold in half and pinch the edges together.
6. Place on a greased baking sheet and bake for 15 minutes.

Ingredients

2 cups plain flour

2/3 cup butter

1 egg

Salt

1 kilo of fresh spinach

1 teaspoon sugar

2 or 3 drops almond

extract

1 tablespoon ground

almonds

½ cup candied orange

peel

STUFFED EGGPLANT

Cooking time: 6-7 minutes

Serves: 4



Instructions

1. Cut eggplant in half lengthwise, sprinkle with salt and drain for 15 minutes. Wipe dry.
2. Heat a deep pot of oil and deep fry until tender, then scoop out flesh and chop into small pieces.
3. Add crushed garlic, a pinch of herbs and mushrooms which have been sautéed in butter.
4. Season with salt and pepper.
5. Spoon mixture back into skins, sprinkle with breadcrumbs and a little melted butter and brown under the grill.

Serve Hot.



Ingredients

4 eggplant

4oz fresh mushrooms,
chopped

2oz butter

Fresh breadcrumbs

1 clove garlic

Mixed herbs

Salt and pepper





STUFFED MUSHROOMS



Instructions

1. Trim the mushroom stalks and then remove them. Wash and drain stalks and caps and chop the stalk coarsely. Preheat the oven to 200C.
2. Cut the pork belly into strips the size of matchsticks and sauté them briskly for 3-4 minutes in a medium sized frying pan, without letting them get dry. Drain in a sieve and keep on one side.
3. Cut the crusts off the bread and cut it into tiny dice. Heat 1 tablespoon of oil in the frying pan and fry the croutons, stirring them around until they are golden. Drain them in a sieve and keep on one side with the strips of pork.
4. Cook the chopped onion in a tablespoon of olive oil in a small saucepan until golden, then add the [chopped](#) mushroom stalks and the garlic. Cook stirring with a wooden spoon until the juices which run out for the mushroom stalks have completely evaporated. Remove the pan from the heat and add the strips of port, croutons and parsley. Season with salt and pepper and mix well. Season the insides of the mushroom caps with salt and pepper and fill them with the stuffing.
5. Arrange the stuffed mushrooms on an oiled baking sheet, sprinkle with the remaining olive oil and bake for 25 minutes. If they seem to be getting too brown add 1 table spoon of water to the baking tray.



Ingredients

**6 large mushrooms – about
250g in all**

1 slice white bread

**40g pork belly without skin
or bone**

1 clove of garlic, chopped

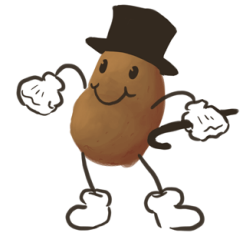
1 tablespoon chopped onion

**1 tablespoon chopped
parsley**

3 tablespoons of olive oil

Salt, pepper

STUFFED POTATOES



Instructions

1. Wash and dry potatoes, then scoop out the insides with a special potato spoon, a melon-baller or a teaspoon with sharp edges. Leave the thinnest possible outer shell. Preheat the oven to 200C/400F
2. Trim and wash the mushrooms and chop them finely. Melt the chopped shallot in a small pan in 15g butter for 2 minutes, stirring with a wooden spoon or spatula. Add the chopped mushrooms and cook, stirring until all the liquid has evaporated. Remove from the heat. Beat the egg yolk and cream together with a fork in a bowl and pour into the mushrooms in the pan, stirring them together well. Return the pan to the heat and stir until the mixture thickens. Away from the heat, add the chopped parsley and chives, season with salt and pepper and set on one side.
3. Dissolve the chicken stock cube in the quantity of water indicated on the packet. Butter a roasting pan just large enough to hold the 6 potatoes, and arrange them in it. Pile the mushroom mixture into the potato 'shells', forming it well with a fork. Put a nut of butter on each potato and pour in enough stock to come half- way up the sides of the potatoes. Bake for 30 minutes, basting with the stock every 10 minutes. The liquid should have almost totally evaporated by the time the potatoes are cooked, but if you suspect it is drying up too quickly add a little more stock. If you can only find large potatoes, use 3 and trim them so that you have 6 regular shapes.

Ingredients

6 potatoes, evenly – shaped and weighing 80g each.

120 g button mushrooms

1 teaspoon chopped shallot

1 egg yolk

4 tablespoons whipping cream

1 teaspoon freshly chopped parsley

1 teaspoon chopped chives

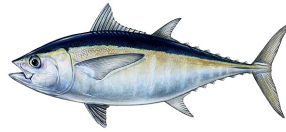
40g butter

1 chicken stock cube

Salt, pepper

TUNA & CELERY CASSEROLE

Instructions



1. Mix Tuna & Celery over low heat, add onion, celery & cooked rice until softened
2. Pour into greased casserole dish – top with cheese, breadcrumbs & paprika if required.

Submitted by Janet [Carter](#)



End of the Tuna

Ingredients

- 1 large Tin Tuna - drained
- 1 can Celery soup
- 1 medium onion - diced
- 2 sticks celery - diced
- 1 cup of cooked rice
- ½ cup of diced or shredded cheese

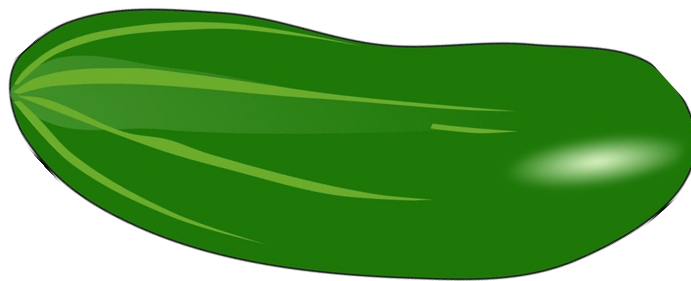
ZUCCHINI BAKE

Instructions

1. Preheat oven 180 – lightly grease baking dish
2. Sauté onion & garlic for 2 minutes
3. Add bacon & cook for further 3 minutes
4. Stir through tomatoes & then add zucchini
5. Spoon mixture into baking dish & top with grated cheese & spice if required
6. Bake for 25 minutes until cheese is melted.
7. Serve with green salad

Ingredients

- 1 large onion - diced
- 1 clove garlic - crushed
- 3 rashers bacon, diced
- 400g can of diced tomatoes
- 3 medium zucchinis sliced
- 1 cup grated cheese, if required



Almost Christmas Cake

Instructions

1. Preheat oven to 150 C
2. Line a 23 cm round tin with baking paper
3. Combine flour, spice and fruit
4. Gently pour into tin
5. Bake for 1 hour 20 minutes
6. Serve warm or cool with cream, ice cream or custard.



Ingredients

1kg mixed dried fruit

2 cups (500 ml) orange juice or any other juice
OR substitute some juice with your favourite alcoholic drink e.g. sherry, port, red wine, rum etc

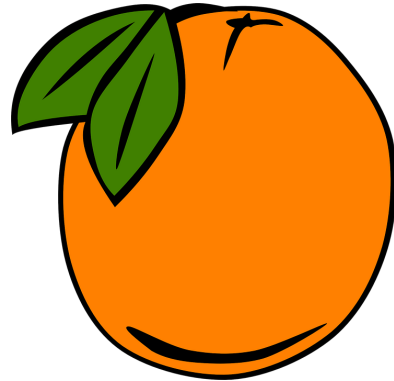
2 cups self-raising flour, sifted

1 teaspoon of mixed spice

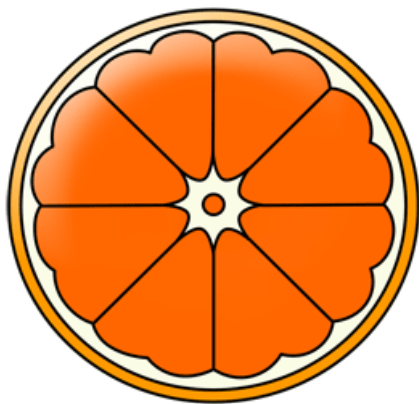
APRICOT SLICE

Instructions

1. Mix all dry ingredients, then mix in milk.
Spread in slice tin and bake in 180 degrees' oven for 30 minutes.



Submitted by [Margaret Clark](#)



Ingredients

1 cup coconut
1 cup sultanas
1 cup dates (chopped)
1 cup apricots (chopped)
1 cup brown sugar
1 cup wholemeal Self
Raising Flour
1 cup milk

ARMENIAN NUTMEG CAKE

Instructions

1. Place the first four ingredients into the bowl and mix till texture of breadcrumbs.
2. Place half in a greased quiche dish and press down with fingers until even.
3. Add the last five ingredients to remaining the mixture
4. Pour this mixture over base, sprinkle ½ cup of chopped nuts and bake in moderate oven 170° for 40 minutes or when cooked.

Optional: When cold, ice with coffee flavoured icing

Ingredients

2 cups plain flour

1½ cups brown sugar

2 teaspoons baking powder

120g butter

1 egg

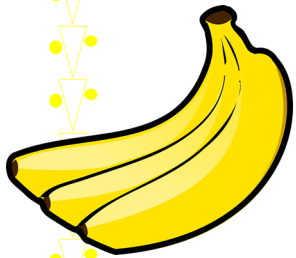
1 cup of milk

vanilla essence

1 teaspoon bi-carb soda

2 teaspoons of nutmeg





BANANAN EN PAPILOTE

Instructions

1. Preheat the oven to 220°C. Bring the water and sugar to the boil in the saucepan. Take it off the heat, add the apricot sauce and almond essence, if wanted. Whisk the mixture lightly.
2. Fold the sheets of aluminium foil into shallow boat shapes. Place a peeled banana in each. Sprinkle it with the apricot sauce and put half a vanilla pod split lengthwise alongside each banana.
3. Fold up the edges of each Papillote to seal it hermetically and bake in a hot oven for twenty minutes.

Apricot Sauce:

1. Put the apricots in the saucepan together with the water, sugar and vanilla pod. Allow to reduce by one third of its volume to a thickish puree.
2. Take out the vanilla pod, blend the sauce in a liquidiser. Pour into a container and keep in the refrigerator ready for use.

Ingredients

**4 small well ripened
bananas**
8 tablespoons apricot sauce
2 vanilla pods
**4 drops bitter almond
essence**
2 tablespoons sugar
2 tablespoons water

Apricot Sauce Ingredients:

**25 fresh apricot halves,
or 25 apricot halves
thinned, without sugar**
4 tablespoons water
1-2 tablespoons of sugar
1 vanilla pod

BERLINER DOUGHNUTS/ PFANNKUCHEN

Instructions

1. Place the flour in a bowl, make well in the centre. Crumble the yeast into it with 1 tablespoon sugar and 3 tablespoons lukewarm milk. Mix together and allow to stand in a warm place for about 15 minutes.
2. Add the remaining milk, sugar, egg yolks, room temperature butter and a pinch of salt to the dough and knead into a smooth dough in a food processor or mixer with a dough kneading attachment. Mix until the dough appears to detach easily from the sides of the bowl.
3. Allow the dough to rise in a warm place until it doubles in size (approx 30-60 minutes).
4. Roll out the dough into 2cm thickness on a floured surface and cut out circles approximately 7cm in diameter using a glass or cup. Allow the cut-out dough circles to stand for a further 10 minutes covered with a dish towel.
5. Heat the oil to 180 degrees C in a deep-fryer or large saucepan. Lower the donuts 2 to 3 at a time into the hot oil and fry until they puff up and turn golden brown. Flip over to ensure even colour.
6. Remove the fried donuts from the oil with a slotted spoon and allow to drain on paper towels.
7. Allow the donuts to cool then fill them with jam using a decorating syringe with a long thin needle. Sprinkle with icing sugar and enjoy!



Ingredients

4 cups all-purpose flour

40gms fresh yeast

¼ cup sugar

¾ cup lukewarm milk

plus 2 tablespoons

5 egg yolks

70gms butter at room

temperature

Salt

Vegetable oil for frying

Jam such as raspberry,

cherry, plum or apricot

Submitted by Redlands Mayor, Karen Williams

BIBINGKA

(GLUTINOUS RICE FLOUR CAKE)

Instructions

1. In a mixing bowl combine all dry ingredients and mix well.
2. Then add lightly beaten eggs, coconut cream and vanilla. Cut and fold mixture until it forms a thick batter.
3. Pour batter in to a large greased baking dish and bake into a preheated oven for 30 minutes or until surface becomes golden brown or until cake tester comes out clean. Could be served hot or cold.

Submitted by Flor Birkett

Ingredients

**2 cups glutinous rice
flour**

**1 ½ cups dark brown
sugar**

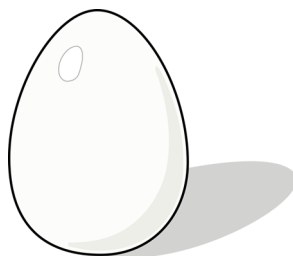
1/8 cup baking powder

**1 ½ cup shredded
coconut**

**1 tin coconut
cream (400 ml)**

3 large eggs

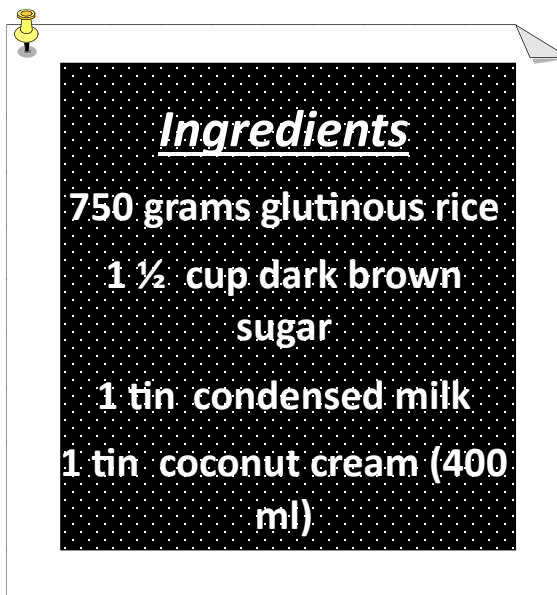
1teaspoon vanilla extract



BIKO (GLUTINOUS RICE CAKE)

Instructions

1. In a microwaveable dish, wash glutinous rice, then add about two cms water measured on top of the rice. Cook on high for 15 minutes without lid or until all water is absorbed. Put lid on and cook further for 5 minutes.
2. In a wok, cook coconut cream until nearly dry or when the oil is becoming apparent, add sugar and cook until melted then add the sticky rice. Reduce heat to minimum, mix well making sure that every grain is coated with the sugary syrup.
3. Pack the mixture in a large baking dish and top it with condense milk. Bake in a pre-heated oven at 180 ° C for about 15 minutes or until toping is caramelised. Could be served hot or cold. Enjoy!



Submitted by Flor Birkett



BOILED FRUIT CAKE

Instructions

1. Boil together for 3 minutes the sugar, butter, mixed fruit and water.
2. Then add the spice, soda and flour. Last of all add the egg, well beaten.
3. Mix well together and bake in a greased cake tin in a 160° C oven for 2 hours.

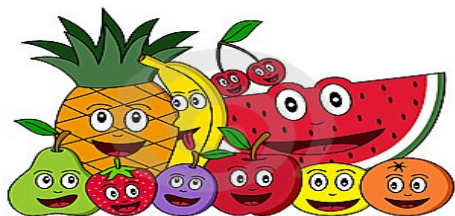
**Submitted by Mrs Jo Symons,
Cleveland**



Ingredients

2 tablespoons Butter
1 Packet Mixed Fruit
1 Cup Cold Water
1 Teaspoon Mixed Spice
1 Cup Plain Flour
½ Cup Sugar
1 Teaspoon Carbonate
Soda
1 Cup Self Raising Flour
1 Egg

BOILED FRUIT CAKE 2nd



Instructions

1. Cut up fruit and soak in coffee and alcohol over night or 1 hour before.
2. Melt butter, sugar and golden syrup then add the fruit mixture.
3. Beat eggs and add to mixture. Stir while adding eggs.
4. Mix in flour and spice.
5. Bake with a cup of hot water in oven to steam cake.
6. Bake in moderate to slow oven (160 deg.)
7. Bake for about 1 ½ hours. (test with a fork).

Submitted by Kathy de Vries

Ingredients

3 cups of mixed fruit
2 cups of brown sugar
2 tablespoons of golden syrup
or honey
300 grams of butter
1 cup of hot water with good
instant coffee
1 cup of rum or any other
alcohol
4 eggs
2 teaspoons of mixed spice
2 cups of wholemeal
self-raising flour
Also you can add nuts eg.
Chopped hazelnuts or
macadamia nuts are ideal.

CANADIAN DATE SLICE

Instructions

1. Cover dates with boiling water, cool to lukewarm.
2. Cream butter and sugar until light and fluffy, add salt, vanilla essence & egg, beat well
3. Sift flour and soda together 3 times., add to creamed mixture alternately with dates, blending well.
4. Add nuts. Bake in greased & flour dusted 8x11x1 1/2 "cake pan in moderate oven 180° 40-45 minutes.
5. When cool ice with lemon glaze icing.

Lemon Glace Icing

1. Sift icing sugar into basin and work in butter.
2. Add lemon juice, 1 tablespoon water and beat well.
3. Spread evenly over top of cake.



Ingredients

- 1 cup chopped dates
- 1 cup boiling water
- 115gms butter
- ¼ teaspoon salt
- 1 cup sugar
- ½ teaspoon vanilla essence
- 1 egg
- 1 2/3 cup plain flour
- 1teaspoon of Bicarbonate soda
- ½ cup chopped walnuts
- 1 cup icing sugar
- 1 teaspoon butter
- 1 tablespoon of lemon juice

CHOCOLATE FRUIT CAKE

Instructions

1. Place fruit and milk into a bowl.
2. Cover with plastic wrap and chill overnight.
3. Sift flour into fruit, then stir to combine.
4. Spoon into a greased and lined 22cm round cake tin or muffin tin.
5. Bake for one hour at 160° c in cake tin or cook for 25-30 minutes in muffin tins.



Ingredients

1 Kg Dried Fruit

600 ml Chocolate Milk

2 cups of Self Raising
Flour

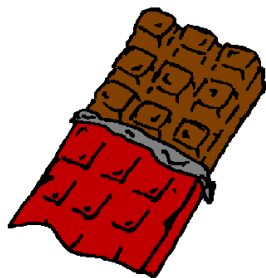
Submitted by Kathy de Vries



CHOCOLATE PEPPERMINT BARS

Instructions

1. Combine 60g dark chocolate and butter in saucepan, cook over low heat until melted. Cool.
2. Beat eggs and sugar until thick and lemon coloured.
3. Blend in chocolate mixture and flour.
4. Beat until smooth. Stir in almonds.
5. Spread in 8" square pan.
6. Bake in 180° for 25 minutes.
7. Combine icing sugar, butter, milk, peppermint oil in bowl.
8. Beat until smooth, spread over biscuits and then chill in the fridge.
9. Melt light chocolate and butter, spread over cream layer.
10. Sprinkle crushed peppermint bar over the top.



Ingredients

60g dark chocolate

1 ½ cup icing sugar

3 tablespoons butter

5 tablespoons milk

45g light chocolate

1 ½ tablespoons butter

Peppermint oil

CHOCOLATE TORTE ROYALE

Instructions

Makes 6 to 8

1. Melt chocolate over a saucepan of hot water or in microwave.
2. Beat egg yolks and water then add all at once to the melted chocolate. Continue to beat until mixture is smooth.
3. Cook for a further two minutes over simmering water, while stirring.
4. Remove from heat and cool. Whip cream and cinnamon until stiff.
5. Fold cooled chocolate mixture into cream.
6. Pour into shell and refrigerate.

Ingredients

Meringue shell – either
bought or made

1 ½ cups Chocolate bites

¼ teaspoon cinnamon

2 egg yolks

¼ cup water

1 cup cream

How to make Meringue (or you could buy the shell)

1. Meringue= Draw 8” circle onto baking paper.
2. Beat 2 egg whites, ¼ teaspoon salt and ½ teaspoon of vinegar till foamy. Gradually add ½ cup sugar and ¼ teaspoon cinnamon till glossy. Spread meringue in circle building up a 1 1/2” rim.
3. Bake in cool oven for one hour. Then leave in oven with heat off for two hours with oven door closed.





ECCLES CAKES

Instructions

Makes 16

1. Turn oven on to 210o or 200o convection oven.
2. Combine currants, peel, butter sugar, brandy and mixed spice and mix well. Place to one side.
3. Cut each sheet of pastry into 4 x 11 cm rounds.
4. Place a level tablespoon of filling into the centre of each round.
5. Dampen edges of the pastry with a little water and then fold up and over to enclose filling.
6. Turn pastry round over and put sealed side down.
7. Roll gently to an oval shape about 1 cm thick. You can do this just in your hands, if you like.
8. Put pastries onto an oven tray about 3 cm apart. Brush lightly with egg white and sprinkle with caster sugar. Make 3 parallel slashes across the top to allow steam to escape.
9. Place in oven for about 15 minutes or until browned.

Eccles cakes do not **keep well** – **are best eaten on the day they are baked.**

Submitted by Janette Buddee

Ingredients

1 cup of currants

¼ cup of finely chopped
mixed peel

30 g butter, melted

2 tablespoons brown sugar

1 tablespoon brandy

½ teaspoon mixed spice

4 sheets ready rolled puff
pastry

1 egg white

2 tablespoons of caster
sugar

FRANGIPANI PIE



Instructions

Pineapple Mixture

1. Bring contents of pineapple can to boil. Blend cornflour water & egg yolks.
2. Add to pineapple, stirring until thick.
3. Set aside.

Cream Layer

1. Place milk, sugar & pinch salt in saucepan. Stir over low heat until sugar dissolves.
2. Blend cornflour in water, add to milk, stirring until thick.
3. Remove from stove, stir in coconut, butter & vanilla
4. Spoon half coconut cream mixture into cooked pie shell.
5. Add all pineapple, then remaining coconut cream.
6. Top with meringue (use 2 egg whites & 4 tablespoons of sugar) & bake in mod. oven 180°C about 15 minutes.

Ingredients

Pineapple Layer.

420grams can crushed
pineapple

1/4 cup of cornflour

1/4 cup water;

2 eggs (separated)

Coconut Cream Layer

1 1/2 cups milk

3/4 cups sugar

1/4 cup cornflour

1/4 cup water

1 cup coconut

1 tabs butter

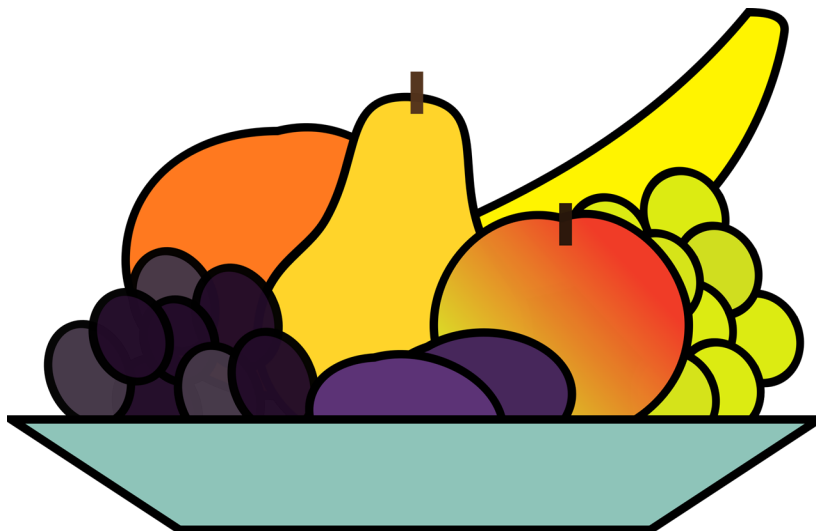
1 teaspoon vanilla

1 cooked 8" pastry or crumb
pie shell.

FRUIT CAKE

Instructions

1. Place mixed fruit in a bowl and pour juice over and stir, leave overnight. Next morning mix flour into mixture.
2. Preheat fan force oven to 180
3. degrees. Grease 2 x 8" cake tins and line with baking paper. Spoon mixture into the tins.
4. Smooth out and place in oven for 40 minutes or until cooked.
5. Turn out of tin onto airing rack, and let cool.
6. You can add what you like to the mixture eg: nuts, ginger, spices etc.
7. You can make darker by adding Parisian essence. It is a heavy mixture.



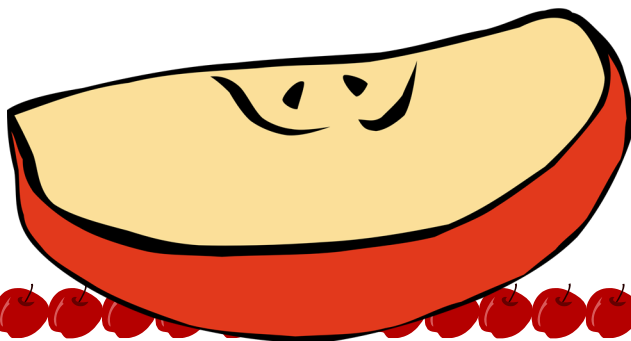
GERMAN APPLE SLICE

Instructions

1. Turn oven to 180oC
2. Mix melted butter, coconut and cake mix together.
3. Put into a greased baking dish and press down.
4. Cook for 10 minutes – Cool for 5 minutes – According to directions on packet of cake mix.
5. Then mix the sour cream with the apples, apricots or peaches.
6. Put the mixture on top of cooked cake base.
7. Sprinkle cinnamon on top of the apples.
8. Then bake for another 10 minutes.

Allow to cool before slicing.

Submitted by Kathy de Vries



Ingredients

125g melted butter

1 cup coconut

1 packet of butter cake mix

1 250ml/300ml of sour cream

1 large tin of either – pie apples, apricots or peaches

OR – 6 apples peeled and sliced

Cinnamon

LEMON SAGO

Instructions

1. Put sago in a large saucepan with cold water to cover 2cms over the top of sago. Soak overnight or for 2 hours. Then strain off excess water.
2. Place the sago back into the saucepan and add the hot water. Bring to the boil. After it boils, simmer and stir for another 10 minutes.
3. Add the sugar, lemon juice and grated rind of lemon. Continue boiling until the sago is clear.
4. Remove from heat and add the syrup and mix well.
5. Pour into a dish to set.

Serve with custard or ice cream

Ingredients

3 tablespoons of Sago
2 to 3 Lemons – juice and rind
3 tablespoons of Sugar
1 tablespoon of Golden syrup
500mls of hot water



LITTLE COFFEE CREAMS

BUNDABERG

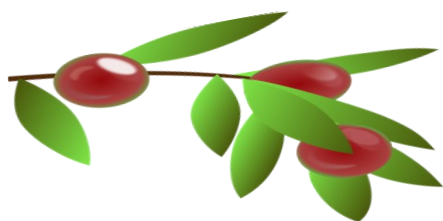


Instructions

1. Pour the coffee for the crystals into a small shallow dish and freeze stirring from time to time with a fork to break it up into crystals.
2. Preheat the oven to 150°C.
3. In a separate bowl beat the eggs, then pour them into the coffee cream and sugar and rum mixture and whisk. Strain through a conical strainer. Fill the pots with the mixture and cook in a Bain Marie in a slow oven for one hour. Allow to cool.
4. These creams can either be served as they are in their little pots or turned on to small plates. either way they are sprinkled with coffee crystals at the last moment.
5. Whip the cream and serve separately in a sauce boat.

Ingredients

125 ml fresh cream
250 ml black coffee –
percolated
3 tablespoons sugar
3 eggs
250 ml cream for whipping



For decorating the dish

Frozen coffee crystals made with
4 tablespoons strong, sweetened
black coffee.

NORWEGIAN CINNAMON BUNS

Instructions

1. Combine dry ingredients in a bowl
2. Beat eggs and milk together and whisk in the melted butter
3. Add this liquid mix to the bowl of dry materials and combine
4. Knead this dough until soft and springy
5. Cover bowl and leave to rise for half an hour
6. Then preheat oven to 220 degrees
7. Turn out dough and take off $\frac{1}{4}$
8. Have a lined, medium size roasting tin
9. Spread the $\frac{1}{4}$ of the dough over the base of the tin
10. Mix the filling
11. Roll out the remaining dough into a 2/1 rectangle
12. Spread the filling all over it
13. Roll it up into a sausage shape from the long end
14. Cut the sausage into about 2 sections and arrange these, cut side upwards, on the dough in the tin.
15. Glaze with beaten egg and bake for 25 to 30 minutes
16. Turn out and tear apart while still warm.

Ingredients

Dough:

600g strong flour

100g sugar

$\frac{1}{2}$ tsp of salt

21g (3 packets) dry instant yeast

100g butter (melted)

400ml milk

2 eggs

Filling:

200g unsalted butter

200g sugar

3 good heaped tsp of ground cinnamon

1 beaten egg to glaze



Submitted by David Thomas



ORANGE & ALMOND CAKE - GLUTEN FREE, DAIRY FREE



Ingredients

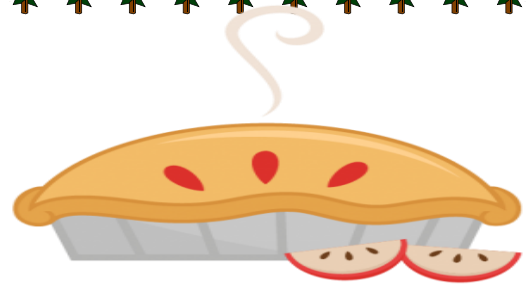
2 LARGE navel oranges, (choose oranges with unblemished skins as the whole fruit is used in this recipe), 5 eggs , 1 1/4 cups (250g) caster sugar
2 1/2 cups (250g) ground almonds (I bought 2 x 150gm packs = 300grms, I used all of it), 1 teaspoon gluten-free baking powder, Pure icing sugar to serve

Instructions

1. Preheat oven to 170°C. Grease and line the base and sides (+ ½ " above) of a heart-shaped pan, (I used a round spring-form pan).
2. Place the two whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered, for 1 hour, ensuring that the oranges remain covered with water. Drain and cool. Chop the oranges into quarters, discard any seeds, then place the chunks into a blender and puree until smooth.
3. Beat the eggs with the sugar until thick, then add the orange puree, ground almonds and baking powder and mix well.
4. Pour into prepared pan and bake for 1 hour. Leave the cake to firm up in the pan for 20 minutes then turn out, remove the baking paper and turn over to finish cooling right way up. This cake definitely mellows with a little time and can be prepared up to 48 hours in advance.

To serve, sift icing sugar on top if you wish and decorate with orange zest and almonds.

Russian Christmas Pies



Instructions

1. Mix the filling all together (keeping the raisins to one side)
2. Line small pie tins with pastry – prick with a fork
3. Distribute the raisins
4. Fill the pies tins with the filling
5. Cook for about 20 minutes at 200 degrees
or 180 ° C in a fan forced oven

Short crust Pastry:

1. Rub the flour and butter together until it becomes like breadcrumbs.
2. Add a small amount of water to bind it all together.
3. Cover with cling wrap and rest for at least 30 minutes.



Ingredients

40 g raisins, soaked for
12 hours in dark rum
250g cottage cheese
2 eggs
90g caster sugar
50g melted butter
2 tsp of lemon zest
25g plain flour
250g plain flour
125g butter
a little cold water

Submitted by David Thomas



Thank You

The Board and Management of the Donald Simpson Community Centre, express our sincere thanks to the Queensland Government Department of Premier and Cabinet for the allocation of funds from the “We are Queensland” Small Grants program funds to Centre. These funds made it possible to conduct our Harmony Festival to showcase Harmony celebrations in the Redlands with a variety of events during March and April 2018.