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Over 300 recipes from Queensland Australia

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APPERTISERS

AVOCADO DIP

1 large ripe Avocado	1 tablesp. Lemon Juice
120g (4 oz) Cream Cheese	1 teasp. grated Onion
1 tablesp. Mayonnaise	Salt, Pepper

Cut Avocado in half, remove stone, scoop flesh into bowl. Add softened Cream Cheese and Mayonnaise, blend well. Add Lemon Juice, Onion, Salt and Pepper. Serve as a dip or on savoury biscuits, or toast.

MUSHROOM FRITTERS

450g (1 lb) fresh Mushrooms	
Lemon Juice	1/4 teasp. Salt
Gourmet Salt	1 Egg
1 cup & 1 tablesp.	1 cup Water
S.R. Flour	Oil for deep frying

Wipe tops of Mushrooms with damp cloth, trim stalks. Sprinkle with Lemon Juice and Salt. Place Flour and Salt in bowl, add whole Egg and Water, and mix thoroughly with fork. Dip Mushrooms in batter and deep fry until golden brown.

ORANGE PIKELETS

1 cup Milk	3 tablesp. Sugar
juice 1/2 Lemon	1-1/2 cups S.R. Flour
grated rind and juice	pinch Salt
1 Orange	2 Eggs

Combine Milk and Lemon Juice, stand aside to turn sour. Separate Eggs. Place yolks in basin, add 1 tablesp. Sugar and beat well. Beat Egg Whites in separate basin, gradually beat in remaining Sugar. Combine with yolk mixture. Fold in sifted Flour, Salt, sour Milk, juice and rind of Orange. Drop dessertspoons of batter in hot pan, cook until bubbles appear. Turn and cook other side.

OYSTER COCKTAIL

2 dozen Oysters	1 desp. Worcestershire Sauce
3 tablesp. Tomato Sauce	1 teasp. White Vinegar
1 tablesp. Lemon Juice	

Arrange Oysters in small dishes. Combine all remaining ingredients, spoon over Oysters. Serve with Lemon wedges.

PARTY DUNKED PRAWNS

Marinate large shelled Prawns in sufficient boiling water to cover. Add 2 tablesp. Lemon Juice and 3/4 teasp. each of Spice, Nutmeg, Pepper. Leave 15 minutes then drain. Serve on Lettuce Leaves with hot sauce.

Sauce

Combine in saucepan 1/2 cup White Vinegar, 1 tablesp. Butter, 1/2 teasp. Salt, 1 tablesp. Mustard, 1 tablesp. Sugar, 1 teasp. Tomato Sauce, 1 beaten Egg. Cook over low heat until sauce thickens.

BAKED SPICED TOMATOES

4 large Tomatoes	225g (1/2 lb) shelled Prawns
1 pkt Dutch Curry & Rice Soup	1 cup cooked Rice
2 cups Water	Salt, Pepper

Cut tops off Tomatoes, scoop out pulp. Season Tomato cases with Salt and Pepper. Make up Soup with 2 cups Water, stir in Prawns and Rice. Fill Tomatoes with mixture. Bake in greased ovenproof dish in moderate oven until tender.

BEVERAGES

ALOHA PUNCH

1/3 cup Sugar	3 cups Pineapple & Orange Juice
1/3 cup Water	8 whole Cloves
1/3 cup Lemon Juice	10cm (4") stick Cinnamon
2 tablesp. Rum	Ice Cubes
1 large bottle Ginger Ale	

In saucepan combine Sugar, Water, Cloves, and Cinnamon. Simmer 5 minutes, cool and strain. Combine with fruit juices. Prior to serving add Rum and pour a little of the base in glasses with Ice Cubes. Top with chilled Ginger Ale.

PAWPAW MINT COCKTAIL

1 large Pawpaw	1 tablesp. Mint Leaves
3/4 cup Sugar	juice 1 Lemon
3/4 cup Water	

Boil Sugar and Water until a thin syrup is formed. Add Mint Leaves and Lemon Juice. Allow to stand 1 hour, then strain. Pour over cubes or balls of Pawpaw. Serve very cold.

SUMMER FRUIT COOLER

280ml (1/2 pint) Orange Juice	2 tablesp. Lemon Juice
Cherries	280ml (1/2 pint) Grape-fruit Juice
2 sprigs Mint Leaves	Orange or Lemon Slices
Ice Cubes	

Blend juices and chill with Cherries and Ice Cubes. Bruise Mint and stir into fruit juices. Remove Mint before serving. For long drinks dilute with extra ice or chilled water. For short drinks add a measure of Gin. Decorate with fruit slices.

TOMATO JUICE

Any quantity of very ripe Tomatoes. Salt and Pepper to taste. 1 tablesp. Sugar, pinch mixed Herbs, Garlic Powder, and chopped Chives, 1 desp. Worcestershire Sauce.

Barely cover Tomatoes with water, bring to boil. Add seasonings and simmer approx 1 hour. When cool, strain, and refrigerate.

GINGERED RUM "ON THE ROCKS"

Over Ice Cubes add some finely chopped Crystallised Ginger. Pour a good jigger of Rum over it, and add a twist of Lemon Peel. Let stand a few minutes.

HAWAIIAN COFFEE

1 cup very strong Black Coffee	Dash Bitters
Whipped Cream	1 tables. Sugar
1/4 cup Pineapple Juice	Ice Cubes

Prepare Coffee at least double strength. Add Sugar and Pineapple Juice. Pack Ice Cubes generously into tall glasses, shake Bitters on them. Pour in Coffee-Juice mixture. Garnish with Whipped Cream and serve with straws.

PASSIONFRUIT PUNCH

1 cup Sugar	1 cup Passionfruit Pulp
1/2 cup Water Ice	1 cup Orange Juice
1 bottle Sparkling White Wine Orange and Lemon Slices	
1 cup Lemon Juice	

Heat together Sugar and Water stirring until mixture boils. Cook Syrup 5 minutes. Cool. Add Orange and Lemon Juice and Passionfruit pulp, mix well and chill until needed. In large bowl place a quantity of crushed Ice, and strain juice and syrup over it. Pour in Sparkling Wine. Mix well, and garnish with Orange and Lemon slices.

PASSIONFRUIT/ORANGE CORDIAL

2 cups Orange Juice	1/2 cup Lemon Juice
1-1.2 cups Sugar	8 Passionfruit
Plus extra Passionfruit for garnish.	

Simmer Orange and Lemon Juices and Sugar over low heat until sugar is dissolved. Bring to boil, reduce heat; simmer slowly for 15 minutes, till syrupy consistency. Cool. Add Passionfruit pulp. Refrigerate till needed. To serve, place small amount of syrup in glass and add water. Garnish with extra Passionfruit, ice blocks and sprigs of Mint. Makes approx. 2 litres.

CAKES, BISCUITS & SCONES

CAKES

BANANA CAKE

3/4 cup Sugar	1-1/2 cups S.R. Flour
2 tablesp. Butter	pinch Salt
1 Egg	3 tablesp. Milk
2 large ripe Banana chopped	2 teasp. Soda dissolved in Milk

Beat Butter and Sugar to cream. Add Egg and beat until light in colour. Add chopped Bananas. Fold in sifted Flour and Salt, alternatively with Milk and Soda. Bake approx. 1/2 hour in slow oven, in ring tin. When cool, ice with Lemon Icing.

BANANA UPSIDE-DOWN CAKE

130g (4-1/2oz) Butter	2 Eggs
3 tablesp. Brown Sugar	1-1/2 cups S.R. Flour
3 medium Bananas	pinch Salt
3/4 cup Castor Sugar	1/4 cup Milk

Melt 40g. (1-1/2oz) Butter, and combine with Brown Sugar. Press into base of greased 20cm (8") cake tin. Place peeled and sliced Bananas on top.

Cream remaining Butter and Castor Sugar until light and fluffy. Add Eggs and beat further 5 minutes. Sift Flour and Salt, and fold alternatively with Milk. Spoon carefully over Bananas in tin, and bake in moderate oven approx. 40 minutes.

Cool in tin for 5 minutes. Turn out and serve warm for afternoon tea, or cold with Cream for dessert.

CARROT GINGERBREAD

185g (6oz) Butter or Marg	1/2 cup Golden Syrup
1/2 cup Water	1/2 cup Brown Sugar, firmly packed
1 cup coarsely grated Carrot (about 2 medium)	1 teasp. Bicarbonate of Soda
1-1/2 cups Plain Flour	3/4 cup S.R. Flour
1 tablesp. Ground Ginger	

Combine Butter, Golden Syrup, Water and Brown Sugar in pan. Stir over medium heat until Butter is melted and sugar dissolved. Bring to boil, remove from heat. Stir in Carrot and Soda; stand 30 minutes or until luke warm. Stir in sifted dry ingredients, beat until smooth. Pour into well greased 25cm x 15cm (10"x6") loaf tin, bake in moderate oven 45 minutes or until cooked when tested. Stand few minutes before turning on to wire rack to cool. When cold, top with Lemon Glace Icing.

Lemon Glace Icing

1-1/2 cups Icing Sugar	1 teasp. Butter or Margarine
1 to 2 tablesp. Lemon Juice	

Sift Icing Sugar into small heatproof basin, stir in Butter and enough Lemon Juice to give a stiff paste. Stir over low heat or hot water until icing is of spreading consistency, spread over cold cake.

CHOCOLATE BISCUIT CAKE

250g (8oz) Milk Coffee	185g (6oz) Copha
Biscuits	5 tablesp. Cocoa
3 tablesp. boiling Water	375g (12oz) Icing Sugar
1 Egg	1/2 teasp. Vanilla Essence

Soften Biscuits by allowing them to stand out on a tray overnight. Prepare a loaf tin by lining it with greaseproof paper. Cut Copha into a saucepan and heat slowly, allow to melt but to NOT boil.

Add boiling water to the Cocoa, stir until well mixed. Placing Icing Sugar in basin, add Egg and Vanilla, mix lightly. Add Cocoa, then Copha gradually, beat well.

Fill tin with alternate layers of chocolate mixture and biscuits, beginning and ending with chocolate. Stand in cool place to set.

CHOCOLATE-POTATO CAKE

2 cups Plain Flour	1/2 cup Cocoa
2 teasp. Baking Powder	1/2 teasp. Salt
1/2 teasp. Cinnamon	1 cup Shortening
2 cups Sugar	4 Eggs
1 cup Mashed Potatoes	1 teasp. Vanilla
1/3 cup Milk	1 cup chopped Walnuts
Ice-Cream or Whipped Topping (optional)	

Stir together Flour, Cocoa, Baking Powder, Salt and Cinnamon; set aside. In large bowl of mixer, cream Shortening and Sugar until light. Add Eggs and beat until fluffy. Add Potatoes and Vanilla; mix until well blended. Stir in flour mixture alternately with Milk. Stir in Nuts. Pour into greased 13x9x2" pan. Bake in preheated 350deg. oven 40 to 45 minutes or until pick inserted in centre comes out clean. Cool in pan on rack. Cut in bars. Serve with Ice-Cream. Makes 18.

CREAM CUP CAKES

125g (4oz) Butter or Marg	1/2 cup Castor Sugar
1/2 teasp. Vanilla	2 Eggs
2 cups S.R. Flour	1/2 cup Milk
Whipped Cream and Icing Sugar	

Place paper cases into patty tins. Set oven temperature at moderately hot. Cream Butter, Sugar and Vanilla together until light and fluffy. Gradually add the lightly beaten Eggs, beating in well. Fold in sifted Flour alternately with the Milk.

Spoon dessertspoonfuls of mixture into paper cases and bake in moderately hot oven for 12 to 15 minutes or until risen and golden. Cool. Using a

knife, cut circular slice off top of each cake. Fill with a little whipped cream. Replace the top and dust lightly with Icing Sugar. Makes 24.

DEVIL'S FOOD CAKE

1 tablesp. Vinegar	375g can Evaporated Milk
1-1/2 cups Plain Flour	1/2 cup Cocoa
1-1/2 teasp. Bicarbonate of Soda	1-1/4 cups Castor Sugar
2 Eggs	140g Butter or Margarine, melted
	1 teasp. Vanilla

Grease and line 2 x 20cm cake pans. Add Vinegar to Evaporated Milk to sour it. Sift Flour, Cocoa, soda and Sugar together. Pour in melted Butter and 1/2 cup soured Evaporated Milk. Beat well for 2 minutes. Add remaining ingredients and beat a further 2 minutes. Pour into prepared pans and bake in a moderate oven for 30 minutes. Allow cakes to cool before removing from pans. Spread frosting or whipped Cream between, and frosting on top.

FRUIT BAR

1/4 lb Butter or Margarine	1/4 lb. Sugar
2 Eggs	3/4 cup Gold Crest 8 Fruits
2 tablesp. Milk	1-1/2 cups S.R. Flour
Vanilla Essence	Lemon Essence

Cream Butter and Sugar until white and smooth, add Eggs one at a time. Beat well. Add Milk, then Flour and Fruit alternatively, and a few drops each of Vanilla and Lemon Essence. Beat until well blended. Bake in a well greased bar tin 9" x 3-1/2" x 3-1/2", using a moderate oven, for about 1 hour.

NUTTY FRUIT LOAF

1-1/4 cups wholemeal S.R. Flour	1-1/4 cups white S.R. Flour
Pinch Salt	1 teasp. Mixed Spice
3/4 cup Brown Sugar, firmly packed	3/4 cup chopped Walnuts
3/4 cup Mixed Fruit	1/4 cup Oil
2 Eggs	1 cup Milk
1 teasp. Vanilla Essence	

Sift first four ingredients together. Add Sugar, Walnuts and Fruit. Combine Eggs, Oil, Milk and Vanilla. Pour into dry ingredients and stir until just combined. Place in greased loaf tin and bake in a pre-heated moderate oven (180deg C) for 50-60 minutes, or until cooked when tested with a skewer. Serve sliced and buttered.

FRUIT CAKES

BOILED FRUIT CAKE - 1

1 cup Sugar	1 cup Water
110g (1/4 lb) Butter	1 teasp. Bicarbonate Soda
1 teasp. Mixed Spice	1 packet Mixed Fruit
2 Eggs	1 cup Plain Flour
1 cup S.R. Flour	

Boil Sugar, Water, Shortening, Soda, Spice and Fruit for 12 minutes. Allow to cool and add Eggs and Flour, stir in well. Bake in a greased paper-lined square pan, 20cm x 8cm (8"x3") using a moderate oven, for about 1 hour.

BOILED FRUIT CAKE - 2

2 cups Mixed Fruit	1 cup Sugar (pref. Brown)
4 tablesp. Butter	1 teasp. Carb Soda
1 cup Water	

Place in saucepan and bring to boil, simmer for 1 minute only, then cool and add 1/2 cup plain Flour, 1-1/2 cups of S.R. flour and 2 Eggs. Bake in a moderate oven for about 1-1/2 hours.

FAMILY FRUIT CAKE

2-1/2 packets Big Sister Fruit Mix	
1 cup chopped Raw Peanuts	1 cup chopped Cashew Nuts
2oz Glace Cherries	4oz. chopped Almonds
3/4 cup Brandy, Rum, Whiskey, Sherry OR Orange Juice	8oz. Plain Flour
2 teasp. Mixed Spice	2oz. S.R. Flour
8oz. light Brown Sugar	Pinch Salt
2 teasp. Vanilla Essence	8oz. Butter
4 Eggs	1 tablesp. Marmalade OR dark Jelly Jam

Place the fruit and nuts in a bowl and sprinkle with spirit or Orange Juice. Cover and preferably stand overnight. Sift together the Flours, Salt and Spices. Cream together the Butter and Sugar until light and fluffy. Add the Jam and Essence and beat again. Beat in one Egg at a time. Alternately add the Flour and fruit mixture until both are used. Place mixture in a prepared 8" round tin and bake 3-1/4 - 3-1/2 hours at 325-350 deg. F. This cake matures beautifully and cuts well.

RICH FRUIT CAKE

3 pkts Mixed Fruit	1/2 cup Brandy Sherry or Rum
250g (1/2 lb) Butter	250g (1/2 lb) Brown Sugar
3 level teasp. Mixed Spice	4 Eggs
2 cups Plain Flour	1/2 cup S.R. Flour

Chop Fruit, soak in spirits overnight. Line a 20cm (8") round or square tin with two sheets brown paper and two sheets greaseproof. Cream Butter, Sugar and Spice until light and fluffy. Add Eggs one at a time beating well after each addition. Add half fruit and sifted Flour, mix well. Add remaining Fruit (incl. liquid) and Flour, and blend. Place into prepared tin. Bake at 150 deg. C (300 deg. F) for 3-1/2 - 4 hours.

FAMILY FRUIT LOAF

1-3/4 cup S.R. Flour	2 level teasp. Mixed Spice
3/4 cup Brown Sugar	1-1/2 cups Mixed Fruit
2/3 cup of Water	100gm (3oz) Margarine
3 tablesp. Honey	1 Egg

Sift Flour, mixed Spice and Sugar into a basin. Add Fruit, (chopped) and mix. Heat Water, Margarine and Honey until melted. Cool. Stir into flour mixture with Egg. Mix, and place immediately into a well greased loaf tin. Bake in moderate oven 175 deg.C (350 deg. F) for 50-55 minutes.

JUBILEE CAKE

1 level tablesp. Butter	1 heaped tablesp. Sugar
2 cups Mixed Fruit	1 Egg
1/2 cup Milk	1-1/2 level cups S.R. Flour

Rub Butter into Flour, then add the rest of the dry ingredients. Mix with the Egg and Milk. Place in a well greased cake tin, and bake for 30 to 40 minutes in a moderate oven. While cake is still hot pour over a thin icing and sprinkle with Coconut.

GINGER ALE FRUIT CAKE

2 lb Mixed Fruit	13oz. bottle Dry Ginger Ale
8oz Butter or Margarine	1 cup Sugar
4 Eggs	4 cups Plain Flour
1 teasp. Baking Powder	

Put Fruit in bowl with Ginger Ale, cover, stand overnight. Cream Butter and Sugar until light and creamy. Add Eggs one at a time, beating well after each addition. Sift Flour and Baking Powder together, add to butter mixture, mix well. Add Fruit, mix well. Put mixture into greased and greased-paper-lined 9" round cake tin. Bake in moderately slow oven approx. 3 hours. Cool on a wire rack, then wrap firmly in a teatowel and leave several days before cutting.

PACKET MIX FRUIT CAKE

2 packets White Wings Luncheon Fruitcake Mix	
2 Eggs	1/2 cup Milk
1/2 cup Dry Sherry	1 teasp. Mixed Spice
500g (1 lb) mixed Fruit	

Empty packets of cake mix into basin, break up mixture with fingers, make well in centre. Add combined lightly beaten Eggs, Milk and Sherry, beat few minutes, or until smooth. Stir in Spice and Fruit; also add the Fruit from the packets; mix well. Spread mixture into greased and greased-paper-lined deep 23cm (9") cake tin. Bake in moderately slow oven 1-3/4 to 2 hours. Stand 5 minutes, before turning on to wire rack to cool.

HINKLER SPONGE

4 Eggs	1/2 cup Sugar
1/2 cup Arrowroot	1 tablesp. Flour
1/2 teasp. Carb Soda	1 teasp. Cream of Tartar
1 teasp. Ginger	1 desp. Cocoa
1 desp. Golden Syrup	

Beat Egg whites, add Sugar, yolks one at a time, then dry ingredients which have been sifted three times, lastly add Syrup melted with Soda. Bake in quick oven 10 to 12 minutes. Quick is hot.

POTATO CHOCOLATE CAKE

125g (4oz) Butter or Marg	2/3 cup Castor Sugar
2 Eggs	1/2 cup cold Mashed Potato
1-1/4 cups S.R. Flour	1/3 cup Cocoa
1/3 cup Milk	

Cream Butter and Sugar until light and fluffy, add Eggs one at a time, beating well after each addition. Stir in Potato, then sifted Flour and Cocoa alternately with milk; beat lightly until smooth. Spread into greased 20cm (8") ring tin, bake in moderate oven 40 minutes, or until cooked when tested. Turn on to wire rack to cool. When cold ice with Chocolate Glace Icing.

PUMPKIN FRUIT CAKE

2 cups S.R. Flour	2 Eggs
1 cup warm Mashed Pumpkin	1 pkt Mixed Fruit
3/4 cup Sugar	1/2 teasp. Vanilla
2 tablesp. Margarine	1 teasp. Baking Powder

Cream Margarine and Sugar. Add Eggs and Vanilla, and beat until creamy. Stir in Pumpkin and Fruit. Fold in sifted Flour and Baking Powder. Bake in medium oven in lined greased tin approx. 1-1/2 hours.

PEANUT CAKE

2 Eggs	1/4 lb. Sugar
1 teasp. Baking Powder	pinch Salt
1/2 pound minced Peanuts	

Beat Eggs, add Sugar and beat again. Mix well Baking Powder and Salt, with Peanuts. Add Eggs and Sugar and mix well. Bake in lined loaf tin 20 to 25 minutes in a moderate oven. Ice thinly with Lemon Icing.

PEANUT BUTTER CAKE

2 cups Plain Flour	3 tablesp. Baking Powder
3/4 teasp. Salt	cup Chunky Peanut Butter
1/4 cup Shortening	1-1/2 cups packed dark-brown sugar
1-1/2 teasp. Vanilla	3 Eggs
1 cup Milk	Fine dry Breadcrumbs
Chocolate Glaze	
1/4 cup Salted Roasted Blanched Peanuts	

Stir together, Flour, Baking Powder and Salt; set aside. In large bowl of mixer cream Peanut Butter and Shortening. Beat in Sugar until well mixed, then add Vanilla Beat in Eggs until fluffy. At low speed stir in flour mixture alternately with Milk, beginning and ending with flour mixture. Pour into well-greased 12 cup fluted tube pan heavily coated with breadcrumbs. Bake in preheated 350 deg. oven 40 to 45 minutes or until

pick inserted in cake comes out clean. Cool in pan 10 minutes, then turn out on rack to cool completely. Decorate with Chocolate Glaze and Peanuts arranged as flower petals. Makes 16 to 18 servings. NOTE: Can also be baked in greased 13x9x2" pan 40 minutes. Cool in pan. Cut in about 2 inch squares. Makes about 24.

Chocolate Glaze

Melt 1/2 cup semi-sweet Chocolate pieces or 3 squares (3 ounces) semisweet Chocolate in heavy saucepan over very low heat. Gradually stir in 2 to 3 tablespoons hot water until Chocolate is thin enough for glazing.

RAISIN CAKE

1-1/2 cups Water	1-1/2 cups Raisins
1 cup Sugar	1/2 cup Shortening
1/2 teasp. Nutmeg	2 Eggs
1-1/2 cups Plain Flour stirred with 1 teasp. Baking Soda	

In medium saucepan bring to boil, Water, Raisins, Sugar, Shortening and Nutmeg, then simmer 15 minutes; cool. Stir in Flour mixture and Eggs just until mixed. Pour into greased 9x9x2" pan. Bake in preheated 350 deg. oven 40 to 45 minutes or until pick inserted in centre comes out clean. Cool in pan on rack. Cut in squares. Makes 9.

THE WEDDING CAKE

1 lb Sultanas	1 lb Raisins
1 lb Currants	1/2 lb Dessert Prunes
1/2 lb Mixed Peel	Finely grated rind of one
1/2 cup Marsala	Orange and Lemon
1/2 cup Rum	1/2 cup each Orange, Lemon
1/4 cup Plum Jam	Juice
1 lb Butter	1 lb Brown Sugar
10 Eggs	Parisian Essence
1 lb Plain Flour	1/4 level teasp. Salt
1 level teasp. Cinnamon	1 level teasp. Mixed Spice
1/2 level teasp. Baking Powder	1/2 lb Glace Cherries
Extra Marsala or Rum	1/4 to 1/2 lb Blanched
Almond Paste	Almonds
	Fondant Icing

Wash, dry Sultanas, chopped Raisins, Currants. Stone Prunes, chop small, put in large saucepan with fruit, chopped Mixed Peel, grated fruit rinds. Add Marsala, Rum, Fruit Juices and Jam. Heat, stirring occasionally until they steam well and most of the liquid is absorbed. Remove from heat, empty into large bowl or casserole, cool. Cover with lid or seal with foil, leave at least 12 hours.

Beat Butter and Sugar until very creamy, add Eggs one at a time, beating in each before adding next one. Add Parisian Essence to colour a little if a dark cake is liked. Beat in one cup of measured Flour until mixture is quite smooth. Empty into very large bowl to mix thoroughly. Sift Flour, Salt, Spices, Baking Powder, add to creamed mixture, mix until blended.

Add prepared fruit, mix very well, add halved Cherries, chopped Almonds. Line large cake tin, 10 to 10-1/2", with brown paper and greased

greaseproof or foil. Scrape mixture from around sides of bowl, mix through, empty into tin, spread evenly on top. Bake in a slow oven until cooked, about 5 to 5-1/2 hours. Test by spearing with a fine skewer through one of the tiny cracks in cake.

Remove from oven, sprinkle about one tablespoon Marsala over cake, cover with waxed or greaseproof paper, then wrap in a few thicknesses of paper. Leave at least a couple of days before icing, sprinkling with another tablespoon Marsala next day if liked.

Make Almond Paste, roll out, brush over cake with some warmed, sieved Apricot Jam or slightly beaten Egg white. Cover cake with Almond Paste, smoothing well with the hands. Leave 24 hours, then make Fondant Icing.

Roll out on icing sugared surface, brush almond paste over the beaten egg white, cover with the fondant, smoothing with hands dusted with icing sugar.

Trim base if necessary, lift on to cake board covered with special paper. Leave to set, decorate with piped royal icing.

ZUCCHINI CAKE

2 cups Flour	2 cups Sugar
1 tablesp. Cinnamon	2 teasp. Baking Soda
1 teasp. Baking Powder	1 teasp. Salt
1 cup Oil	2 teasp. Vanilla
3 Eggs	2 cups grated unpeeled Zucchini
1 cup Raisins	1-1/2 cups Chopped Nuts divided

In large bowl of mixer combine Flour, Sugar, Cinnamon, Soda, Baking Powder, Salt, Oil, Vanilla and Eggs. Beat at medium speed until well mixed. Stir in Zucchini, Raisins and 1 cup Nuts. Pour into greased 13x9x2" pan; sprinkle with remaining 1/2 cup Nuts. Bake in preheated 350 deg. oven 50 minutes or until pick inserted in centre comes out clean. Cool in pan on rack. Cut in bars. Makes 18.

SCONES

AFTERNOON DAISY SCONES

3oz Butter	3oz Sugar
1 Egg	2 cups S.R. Flour
1/4 teasp. Salt	1 cup Milk

Beat Butter and Sugar to a cream. Add Egg. Beat well. Then add sifted Flour and Salt and Milk. Mix into a nice scone dough. Roll out, or pat out with your hand, on a board. Not too thin. Cut in rounds or diamond shape. Glaze with Egg, Milk, or Margarine. Bake quickly.

BAKE-OFF SCONES

2 level cups (8oz) S.R. Flour	2 level desp. Butter
1/4 teasp. Salt or Shortening	
1 desp. Icing Sugar	3/4 cup Milk

Sift Flour, Salt and Icing Sugar together. Lightly rub Shortening into mixture. Mix thoroughly to a soft dough with Milk. Knead on floured board, press out 3/4" thick and cut into shapes. Bake on a greased or floured tray in a hot oven for 12-15 minutes.

SCONES

226g (8oz) S.R. Flour	1/2 teasp. Salt
3 rounded desp. (45g)	1 tablesp. Butter
Full Cream Milk Powder 150ml	(3/4 cup) Water

Sift Flour, Salt and Milk Powder together. Rub Butter into Flour and mix to a soft dough with the Water. Turn out on to a floured board and knead lightly. Press out to 19mm (3/4") thickness, and cut with a floured scone cutter. Place on a greased scone tray, glaze with Milk and bake in a hot oven for 10 minutes.

PUMPKIN SCONES

2 cups S.R. Flour	1/2 cup cooked, mashed Pumpkin
1/2 teasp. Salt	1 tablesp. Sugar
1 Egg, well beaten	1 tablesp. Butter
1/4 cup Milk	

Cream Butter and Sugar, add Pumpkin. Beat Egg until thick and fluffy, add Milk, beat again. Add to Butter mixture and blend slightly. Fold in sifted Flour and turn on to floured board. Cut to shape, brush tops with beaten Egg and Milk, and bake in hot oven 15 minutes.

FLO'S PUMPKIN SCONES

1 tablesp. Butter	1/2 cup Sugar
1/4 teasp. Salt	1 Egg
1 cup mashed Pumpkin	2 cups S.R. Flour

Use electric beater for Butter and Sugar, add Salt. Mix to a cream. Add Egg and beat again, then add Pumpkin. Turn on to floured board. Cut to shape, brush tops with beaten Egg and Milk, and bake in hot oven for 15 minutes.

WHOLEMEAL POTATO SCONES

2oz Butter or Margarine	1 tablesp. Sugar
1 medium Potato	2 cups Wholemeal S.R. Flour
Pinch Salt	1 Egg
1/2 cup Milk	

Peel Potato, boil until tender, drain, then push through sieve; cool. Cream Butter and Sugar, add Potato. Sift Flour and Salt, add to Potato mixture. Add beaten Egg and Milk; mix well. Turn on to lightly floured board, pat out to 1/2" thickness. Cut with 2" floured scone cutter. Cook close together on greased baking tray in hot oven approx. 15 minutes. Serve hot, buttered. Makes approx. 12.

BISCUITS

CARAMEL SLICE - 1

125g (4oz) Butter	125g (4oz) Plain Flour
2 Eggs	1 teasp. Vanilla
Pinch Salt	1-1/2 cups Brown Sugar
1 level desp. Baking Powder	2 desp. Plain Flour
1/2 cup Coconut	1 cup chopped Walnuts

Rub Butter into sifted Flour and press into the base of a greased and lined 9x9x2" pan. Bake at 350 deg. F for 15 minutes. Beat Eggs until light, add Vanilla, Salt and Sugar. Fold in Walnuts, sifted Flour, Baking Powder and Coconut. Spread over the crust and bake 350deg. F for 20 to 25 minutes. Cool.

Frosting

2 cups Icing Sugar	1/2 cup Butter	1 Egg
1 teasp. Orange Juice	1/2 cup Currants	

Cream Butter with 1 cup of sifted Icing Sugar, add unbeaten Egg and beat well. Add Orange Juice and other cup sifted Icing Sugar and beat well. Spread over caramel slice and sprinkle with Cinnamon.

CARAMEL SLICE - 2

Base

1/2 cup S.R. Flour	1 cup Coconut
1 cup Currants	1 cup Castor Sugar
1 desp. Golden Syrup	1/2 teasp. Cinnamon
1/2 cup Plain Flour	4 oz. Butter
1 Egg, beaten	

Combine dry ingredients, Currants and Coconut. Melt Golden Syrup and Margarine and add Sugar, then when cool, add Egg. Press into a greased slab tin and bake in moderate 350 deg. oven, 20 to 25 minutes.

Topping

2 oz Butter	3 oz Brown Sugar
1 tablesp. Milk	4 to 6 oz sifted Icing Sugar
1/2 teasp. Cinnamon	

Melt Butter, add Brown Sugar and Milk. Stir constantly, until mixture boils. Remove from stove and allow to cool a little. Beat in Icing Sugar and Cinnamon.

CHERRY COCONUT SLICE

125g Copha	400g can Condensed Milk
Cochineal	250g packet Milk Coffee
125g Glace Cherries	Biscuits (crushed)
(finely chopped)	250g desiccated Coconut

Place Copha in small saucepan and melt over low heat, do not boil. Add Condensed Milk and enough Cochineal to give nice pink colour, stir well until well mixed. Remove from heat, add crushed biscuits, Cherries and Coconut, mix all together until very well combined. Press mixture into shallow lightly greased swiss roll tin, 31 x 25cm.

Topping

1 cup Drinking Chocolate, sifted
125g Copha

Melt Copha in small saucepan over very low heat. Add Drinking Chocolate and stir well until smooth. Pour over the Cherry and Coconut base and chill in fridge until set. Cut into finger lengths to serve.

CHERRY COCONUT SLICE - 2

1/2 lb thin sweet Biscuits (like Morning Coffee)	
4oz Copha	3/4 cup Condensed Milk
1 teasp. Vanilla Essence	2 tablesp. Lemon Juice
2 cups Coconut	few drops Cochineal
4oz or 1/2 cup chopped Glace Cherries	Chocolate Icing

Cover base of 9 inch shallow square tin with half the Biscuits. Melt Copha gently until barely warm. Add Condensed Milk, Vanilla, Cochineal, Lemon Juice, Cherries, Coconut. Mix well, spread over Biscuits. Top with remaining biscuits, press down firmly. Ice with Chocolate Icing, chill, cut into slices.

Chocolate Icing

2oz Copha	1 oz or 1/4 cup Cocoa
2oz (or 1/2 cup) Icing Sugar	1/2 teasp. Vanilla Essence

Melt Copha in small saucepan until barely warm. Add sifted Cocoa, Icing Sugar and Vanilla. Mix and spread quickly over slices mix, shaking to give icing a smooth and glossy surface.

CHOCOLATE ROUGHS - 1

30g (1oz) Copha	125g (4oz) dark Cooking Chocolate
90g (3oz) Desiccated Coconut	

Melt Copha and broken Chocolate in top of double boiler over gently boiling water. Add Coconut and mix well. Leave to cool slightly but not to set. Place teaspoons of mixture in small roughly shaped mounds or heaps on a greased tray or sheet of foil. Place in fridge until set.

CHOCOLATE CHIP COOKIES

90g (3 tablesp.) soft Margarine	90g (3oz) dark Cooking Chocolate, chopped or Chocolate Chips
175g (1 cup) soft Brown Sugar	185g (1-1/2) cups S.R. Flour
1 Egg	AND
1 teasp. Vanilla Essence	

60g (1/2 cup) Walnuts copped 1/2 teasp. Bicarbonate of Soda, sifted together

Place all ingredients, in given order, into mixing bowl. Mix with wooden spoon or an electric beater until well mixed. Place teaspoons of mixture on a greased baking tray, allowing room for spreading. Bake in a moderately hot oven for 8-10 minutes, until lightly browned. Allow to stand for 1-2 minutes then transfer to a wire cooling tray to cool. Makes approx. 30-36.

CORNFLAKE COOKIES - 1

2 Egg Whites 3/4 cup Brown Sugar firmly packed
2 cups Cornflakes (or Rice Buddbles) 1/2 cup chopped Nuts
1 cup desiccated Coconut 1/2 teasp. Vanilla

Beat Egg whites until stiff but not dry, beat in sugar a tablespoon at a time. Fold in remaining ingredients, drop by teaspoonfuls on well-greased baking sheets. Bake in moderate oven about 10 minutes. Makes about 48.

CORNFLAKE COOKIES - 2

4 cups Cornflakes 1 cup Coconut
1/2 cup Peanuts, chopped 2 tablesp. Melted Butter
Whites of 2 Eggs 3/4 cup Sugar
1 desp. Milk

Mix Cornflakes, Coconut, Sugar and Nuts together, add melted Butter and Milk. Beat Egg whites stiffly and add last. Bake in little heaps on greased tray in a moderate oven about 15 minutes. NOTE: Do not mix or stir more than necessary or the Cornflakes will go soft and mixture will flatten.

CRUNCHY RAISIN NUT COOKIES

165g (1 cup) Raisins 125g (1 cup) Walnuts chopped
125g (4oz) Butter or Marg 2 Eggs
250g (1 cup) Sugar 1 teasp. Vanilla Essence
220g (1-3/4 cups) SR Flour 1/2 teasp. Salt
1/2 teasp. Bicarb Soda 1 teasp. ground Cinnamon
1 teasp. ground Nutmeg 1/4 teasp. ground Cloves

Cover Raisins with boiling water, stand for 5 minutes and drain well. Mix Raisins with Walnuts. Cream Butter or Margarine with Sugar until soft and light. Beat Eggs in one at a time. Beat in Vanilla. Sift all dry ingredients together on to a piece of greaseproof paper then stir into the biscuit mixture. Finally stir in Raisins and Walnuts. Place teaspoons of mixture on greased baking trays and bake in a hot oven for 10 minutes, until browned. Cool on a wire cooling tray. Makes 60-70.

CUSTARD CREAM BISCUITS

185g Butter 1/2 cup Icing Sugar, sifted
1-1/4 cups S.R. Flour 1/3 cup Custard Powder

Cream Butter and Icing Sugar for biscuits. Add sifted dry ingredients. Roll into small balls, place on greased slide. Press with fork. Bake at 190 deg. C for 12 to 15 minutes, cool on slide.

Filling

1 tablesp. Butter (extra) 1 tablesp. Condensed Milk
1/3 cup Extra Icing Sugar, sifted 1/2 teasp. Vanilla

Cream extra Butter and Condensed Milk. Add extra Icing Sugar and Vanilla. Beat well. Join biscuits with filling, dust with Icing Sugar to serve.

DATE AND WALNUT COFFEE CREAMS

Biscuit

125g (4oz) Butter or Marg 125g (1/2 cup) Castor Sugar
2 Eggs
250g (2 cups) S.R. Flour 75g (1/2 cup) chopped Walnuts
(1/2 cup) chopped Dates 60g

Cream Butter or Margarine and Sugar until light and fluffy. Add Eggs and beat well. Stir in sifted Flour, Dates and Walnuts. Place teaspoons of mixture on to greased trays and bake in a moderate oven at 180C (350deg. F) for 10-15 minutes until golden. Cool on wire cooling trays.

Coffee Cream

60g (3 tablesp.) soft 250g (1-1/2 cups) Icing Sugar, sifted
Butter or Margarine 1 tablesp. Coffee Essence OR
Hot Water 1 tablesp. Instant Coffee blended with
1 tablesp.

Place all ingredients together in a mixing bowl and mix together with a wooden spoon or with an electric mixer for 2-3 minutes, until smooth.

Sandwich biscuits together with Coffee Cream when cold. Serve with tea or coffee. Makes approx. 24.

FUDGY OATMEAL SQUARES

1 cup Instant Rolled Oats 1-1/2 cups Boiling Water
1 cup Flour 1-1/2 cups Granulated Sugar
1/2 cup Cocoa 1 teasp. Baking Soda
1/2 teasp. Salt 1/2 cup Shortening
1 teasp. Vanilla 2 Eggs
(Confectioner's Sugar optional)

Stir together Oats and Water; set aside. In large bowl of mixer stir together Flour, Granulated Sugar, Cocoa, Soda and Salt. Add Shortening, Oat mixture and Vanilla; beat at low speed just until mixed, then beat at medium speed 2 minutes, scraping bowl frequently. Add Eggs, beat at medium speed for 2 minutes, scraping bowl occasionally. Pour onto greased 13x9x2" pan. Bake in preheated 350 deg. oven 35 minutes or until pick inserted in centre comes out clean. Cool in pan 10 minutes, then turn out on rack and cool completely. Sprinkle with Confectioner's Sugar. Cut in squares. Makes about 24.

HONEY SNAPS

60g (2oz) Butter	1/4 cup Honey
1 tablesp. Sugar	4 cups Cornflakes
90g (3oz) unsalted Peanuts	

Place Butter, Honey and Sugar in small saucepan, stir over medium heat until butter has melted. Combine Cornflakes and Peanuts in basin, pour Butter and Honey mixture over. Mix until Cornflakes and Nuts are well coated.

Place paper cases in patty tins, spoon tablespoons of mixture into paper cases. Bake in moderate oven for 8 minutes. Remove from oven, stand 15 minutes to firm. Makes about 30.

KOURABIEDES

(Greek Shortbread)

250g (2 cups) Plain Flour	125g (1 cup) ground Rice
175g (1 cup) Icing Sugar	250g (8oz) Butter
Extra Icing Sugar	

Sift Flour, ground Rice and Icing Sugar into a mixing bowl. Add Butter and mix into the dry ingredients with a clean hand, using a knead and squeeze action, until the mixture forms a stiff dough. Wrap dough in grease-proof paper and chill for 10 minutes.

Roll dough out, on a lightly floured board, into a rectangle 15cm (6") wide and 5mm (1/4") thick. Trim top and sides of rectangle with a sharp French chopping knife. Cut rectangle in half lengthways then cut across at 2.5cm (1") intervals to form fingers. Transfer fingers of dough carefully on to baking trays, with a palette knife and prick with a fork.

Chill in refrigerator for at least 30 minutes then bake in a slow oven at 150 deg. C (300 deg. F) for 45 minutes without browning.

Leave to stand on baking trays for 1-2 minutes until biscuits are firm then transfer carefully to a wire cooling tray. Dip biscuits, while still warm, into a bowl of sifted Icing Sugar until well coated all over.

Serve Biscuits with tea or coffee or serve with a fruit fool or a fruit mousse. Makes approx. 24.

MACAROONS

3 Egg Whites	250g (1 cup) Castor Sugar
30g (tablesp) ground Rice	125g (1 cup) ground Almonds
Shredded or halved	1/2 teasp. Vanilla Essence
Almonds for decoration	

Whisk Egg Whites until stiff. Whisk in Sugar gradually, whisking quickly. Fold remaining ingredients in and mix to a stiff paste. Place a sheet of foil on a baking tray. Roll the paste into small almond nut size balls and place on foil, allowing room for spreading. Brush Macaroons with cold water and top with a shredded Almond or a halved almond. Bake in a

moderate oven at 180 deg. C (350 deg. F) for 20-30 minutes or until slightly golden.

Cool on a wire cooling tray. Serve with a fruit mousse, souffle or a fruit fool or use crumbled in desserts such as trifle or stuffed peaches. Makes 12. NOTE: Grease the baking tray with melted copha if you cannot obtain foil.

NO-BAKE BISCUITS

3 cups crisp Rice Cereal	1 cup Salted Peanuts
1/2 cup Sugar	1/2 cup Golden Syrup
1/2 teasp. Vanilla	5 tablespoons Peanut Butter

Combine crisp Rice Cereal and Peanuts in basin. Place Golden Syrup and Sugar into saucepan, stir over low heat until mixture begins to boil; increase heat, boil 1 minute. Remove from heat, stir in peanut butter and vanilla. Place in tray and allow to set. Cut into squares.

PARKIN BISCUITS

60g (1/2 cup) Plain Flour	60g (4 tablesp) medium Oatmeal
45g (1-1/2 tablesp) Sugar	1/2 teasp. Bicarbonate of Soda
1/4 teasp. ground Ginger	1/4 teasp. ground Cinnamon
30g (1 tablesp.) Butter	45g (1-1/2 tablesp.) warm syrup
3 teasp. beaten Egg	6 blanched Almonds

Sift Flour into a mixing bowl and stir in the Oatmeal, Sugar, Bicarbonate of Soda and Spices. Add Butter and rub in with the fingertips until it resembles fine breadcrumbs. Mix in the warm Syrup then the Egg and beat until mixture forms a paste.

Divide mixture into twelve equal pieces and roll each into a ball 4cm (1-1/2") in diameter. Place balls 5cm (2") apart on a greased baking tray. Split Almonds in half and press an almond half on centre of each biscuit.

Bake in centre of a moderate oven at 180 deg.C (350 deg F) for approx. 10 minutes, until biscuits are light brown and firm to the touch. Cool on a wire cooling tray. Very good for children, for picnics and packed lunches. Makes 12.

PECAN AND COFFEE COOKIES

180g (6oz) Butter	1 Egg
1/2 cup Sugar	1-1/2 cups S.R. Flour
1/4 cup Brown Sugar	1/2 teasp. Salt
1 desp. Instant Coffee	1-1/2 cups Coconut
1 tablesp. hot Water	1/2 cup crushed Pecan Nuts

Cream Butter and Sugars. Dissolve Coffee in hot Water, add to mixture with Egg, and beat well. Stir in Flour, Salt, Coconut and Pecan Nuts. Place teaspoons of mixture on baking tray and cook in moderate oven 12-15 minutes.

PEANUT CRUNCHIES

3 Egg Whites	3/4 cup Castor Sugar
3/4 cup roasted Peanuts	3/4 cup desiccated Coconut
4 cups Cornflakes	1 oz Butter

Beat Egg whites until stiff, then gradually add Sugar. When beaten in add Peanuts, Coconut and Cornflakes which have been crushed after measuring. Lastly add melted Butter and stir until mixed. Put into greased 11x7" tin and bake in a moderate oven 12-15 minutes. When cool cut into squares.

PEANUT COOKIES

155g (1-1/4 cups) SR Flour	1/2 teasp. Salt
1/2 teasp. ground Ginger	125g (4oz) soft Margarine
3 tablesp. Peanut Butter	185g (1 cup) moist Brown Sugar
2 Eggs	3 tablesp. Evaporated Milk
155g (1 cup) salted Peanuts	

Sift Flour, Salt and Ginger all together on to a piece of greaseproof paper. Cream Margarine, Peanut Butter and Brown Sugar together until soft and fluffy texture. Add Eggs and beat well. Stir in sifted dry ingredients alternately with Evaporated Milk. Lastly fold in the Peanuts.

Drop teaspoons of mixture on to baking trays, allowing room for spreading. Bake in a moderately hot oven for 8-10 minutes. Allow to stand for 1-2 minutes then transfer carefully to a wire cooling tray to cool. Makes approx. 60-70 depending on size.

RICE BUBBLE HONEY BISCUITS

1 cup Rice Bubbles	1 cup Plain Flour
1 cup Coconut	Pinch Salt
1/2 cup Sugar	1/2 cup melted Butter
2 teasp. Honey	1/2 teasp. Soda
2 tablesp. boiling Water	

Combine dry ingredients. Add melted Butter, Honey and Soda dissolved in boiling water. Drop mixture from a teaspoon on to a greased tray leaving space for spreading. Bake in a slow oven 135-150C (275F-300F) for 20 minutes. Leave to cool on a tray. Makes approximately 24 biscuits.

SHREWSBURY BISCUITS

125g (4oz) soft Margarine	125g (1/2 cup) Castor Sugar
1 Egg, beaten	250g (2 cups) Plain Flour, sifted
Finely grated rind of 1 Lemon`	1/2 teasp. mixed Spice

Place all ingredients, in given order, in a mixing bowl and mix with a wooden spoon or an electric mixer, to form a soft dough. Knead on a lightly floured board to form a smooth dough. Roll mixture out thinly and cut into desired shapes. Place biscuits on a greased baking tray and bake in a moderately hot oven for 12-15 minutes. Allow to stand on baking tray for 1-2 minutes then transfer to a wire cooling tray to cool. These biscuits may be sandwiched together with jam or iced with glaze icing if desired. Makes 20-30.

SPICE BISCUITS

500g (4 cups) Plain Flour	1 teasp. Baking Powder
1 teasp. ground Cloves	1/2 teasp. ground Spice
1/2 teasp. ground Cinnamon	9 tablesp. Honey
12 tablesp. Golden Syrup	185g (3/4 cup) Sugar
30g (1 tablesp.) Butter	30g (1 tablesp.) Lard

Sift Flour, Baking Powder into a mixing bowl. Place Honey, Golden Syrup and Sugar into a heavy saucepan and heat slowly, stirring continuously until the sugar dissolves. Simmer slowly for 5 minutes then remove from heat and stir in butter and lard until melted. Add Flour mixture in four parts, beating in well to form a smooth batter.

Drop teaspoons of biscuit batter, well spaced, on to greased baking trays. Bake in the centre of a hot oven for 15 minutes or until biscuits are firm to the touch and light brown. Transfer to a wire cooling tray and brush with Almond Glaze while still warm. Serve at Christmas time. Makes approx. 30.

Almond Glaze

Stir 125g (2/3 cup) sifted Icing Sugar, 1/2 teasp. Almond Essence and 1 teasp. strained Lemon Juice or Rum all together, in a small mixing bowl. Stir in approx. 5 teasp. cold water, 1 teasp. at a time until the glaze is a smooth spreading consistency.

CEREALS AND GRAINS

FRIED CURRIED RICE

1-1/2 cups uncooked Rice
1 level tablesp. Curry
Powder
3 tablesp. Oil or Butter
1/2 cup Tomato Puree

1 large Onion
4 cups stock or water with
two Chicken Cubes
4 Rashers of Bacon
Salt and Pepper to taste

Fry Rice in heated Oil until golden brown. Add diced Onion and Bacon and cook till browned. Stir in Curry Powder, Salt, Tomato Puree and Stock. Bring to boil, then place on the lid and simmer gently 30-40 minutes. Season to taste. This dish may be served alone or with chops, etc. Serves 4.

CHRISTMAS FARE

BRANDIED GINGER BALLS

125g Copha	1 x 250g packet Milk Coffee
5 tablesp. preserved Root Ginger, chopped	Biscuits, crushed
3 tablesp. Almonds, chopped	3 tablesp. Raisins OR Sultanas, chopped
1x440g can Condensed Milk	2 tablesp. Cocoa
45g (1/2 cup) desiccated Coconut	3 tablesp. Brandy

Melt the Copha in a heavy based saucepan over a very slow heat. Place all remaining ingredients, except Coconut, in a mixing bowl. Add melted Copha and mix thoroughly with a wooden spoon. Form into balls, 3 cm in diameter, with clean, cool hands. Roll in Coconut and place on waxed paper until firm.

Store in a container in refrigerator or in a cool place. Pack into a pretty glass jar for a Christmas gift. Serve with after dinner Coffee. Makes approx. 56-60.

BRANDIED PEACHES

250g dried Peaches	625ml (2-1/2) cups Brandy
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Clean the dried Peaches with absorbent kitchen paper, but do not wet it. Place the clean Peaches in an attractive clean, dry glass or earthenware stone jar and cover with the Brandy, making sure it is well covered to allow for swelling. Cover the jar with a glass or stone earthenware lid. Do not allow any metal to come in contact with the Brandied Peaches.

Store in a cool dry place. Keep for at least 6 weeks before serving. Serve as a dessert with Ice Cream or cream, serve the extra juice as a liqueur with after dinner coffee.

CHOCOLATE FUDGE

2 cups Sugar	2 tablesp. Syrup
1 tablesp. Butter	1 tablesp. Cocoa
1/4 cup Milk	

Boil ingredients together for 10 minutes, remove from heat, cool slightly. Beat until thick and pour into greased trays and cut into squares when cool.

GINGER CHOCOLATE SLAB

250g Copha	250g (2-2/3 cup) Icing Sugar
6 tablesp. Cocoa	4 tablesp. Powdered Milk
250g preserved Root Ginger, finely chopped	

Melt Copha in a heavy based saucepan over a very low heat. Sift Icing Sugar, Cocoa and Powdered Milk into a mixing bowl. Pour in melted Copha and mix with a wooden spoon until smooth. Stir in the Ginger.

Pour mixture into a greased 18cm shallow square tin and place in a cool place to set. Cut slab into squares with knife dipped into hot water. Store in a container in the refrigerator. Pack into an attractive glass jar for a Christmas gift. Makes approx. 36.

CHOCOLATE HAZELNUT TRUFFLES

30g (1 tablesp.) soft Butter of Margarine	60g (1/3 cup Icing Sugar, sieved
1 small Egg White	60g (1/2 cup) ground Hazelnuts
185g dark Cooking Chocolate, melted	1-1/2 tablesp. Rum
60g (1/3 cup) Chocolate Vermicelli (sprinkles)	

Place all ingredients, except Chocolate Vermicelli, in a mixing bowl and beat together. Allow to stiffen in refrigerator for 1-2 hours or until firm. Shape pieces, the size of a walnut, into ball shapes and roll in Chocolate Vermicelli. Place on waxed paper until firm. Store in a container in refrigerator or in a cool place. Serve with after dinner coffee. Makes approx. 36.

COFFEE WALNUT CARMELS

125g (4oz) Butter or Marg	1-1/2 cups Brown Sugar, lightly packed
410g can (13oz) Condensed Milk	2 tablesp. Golden Syrup
1-1/2 tablesp. Instant Coffee Powder	25g (4oz) Walnuts

Combine all ingredients except Walnuts in saucepan, stir over low heat until Sugar has dissolved, increase heat, boil 7 to 10 minutes or until a small amount, when poured into cold water, will form a soft ball. Add chopped Walnuts, pour immediately into well-greased 20cm (8") square tin. Cut into squares when cool.

CHRISTMAS CAKE

3x12oz pkts Mixed Fruit	1/4 cup Sherry
3 tablesp. Orange Juice	8oz Butter
8oz Dark Brown Sugar	Few drops Almond Essence
1/2 cup Mashed Banana	4 Eggs
2-1/2 cups Flour	1/2 teasp. Bicarb. Soda
1 teasp. Spice	Pinch Salt

Place loosened chopped fruit in basin, pour Sherry and Orange Juice over, mix well. Cover and stand overnight. Cream Butter, Sugar, Almond Essence and Banana until light and fluffy, add Eggs one at a time beating well after each addition. Fold in Fruit then sifted Flour, Soda, Salt and Spice. Fill into 8" round or square cake tin (lined with 3 thicknesses brown paper and 1 of white). Bake in very moderate oven 3-1/2 - 4 hours. Cool and store in tin.

DIABETIC CHRISTMAS CAKE

30g Raisins	15g Sultanas
15g Dates	60g Butter
1 teasp. Glycerine	2 Eggs at room temperature
90g S.R. Flour	1 teasp. Spice
1 teasp. Cinnamon	1 teasp. Ground Ginger
1/2 teasp. liquid Sweetener	30g slivered Almonds
Pinch each Nutmeg, Salt and Bicarb Soda	Grated rind of an Orange and Lemon

Wash fruit and pat dry with paper towel. Roughly chop fruit. Cream Butter and stir in Glycerine until well combined. Beat Eggs and gradually add to butter mixture (if mixture curdles add 1 teaspoon Flour). Sift together Flour, Spice, Cinnamon, Ginger, Nutmeg, Salt and Bicarb Soda. Fold flour mixture into Butter, add chopped Fruits, liquid Sweetener, Almonds and grated Rinds. Lightly combine and place in buttered 18cm round cake tin in slow oven for 45 to 60 minutes. Makes 12 slices.

Each slice gives protein 3g, fat 8g, carbohydrate 9g calories 115 (485KJ), substitution for each slice, portion diet 1 portion.

DIABETIC CHRISTMAS PUDDING

2oz Brown Breadcrumbs	1oz S.R. Flour
2 Eggs	1/4 oz Sago
1 oz Butter	2 oz Milk
1 oz Grated Apple	1 oz Grated Carrot
1 tablesp. Margarine	1-1/2 oz Currants
1-1/2 oz Dates	1-1/2 oz Sultanas
1 teasp. Cinnamon	1 teasp. Spice
1 teasp. Nutmeg	1 teasp. Vanilla
1 teasp. Soda	1/2 teasp. Salt
2 Saccharin tablets or substitute Sweetener	

On previous day, prepare Fruit, Carrot, Orange Rind and cook Apple. Soak Sago and Breadcrumbs in Milk overnight. Next day rub Butter into Flour with spices and Salt. To Sago, add Beaten Eggs and remaining ingredients except Soda and Saccharin, dissolve these in 1 dessertspoon of hot water and add. Steam for 2 hours. Cut into 8 serves.

Weight series equals 6oz glass of milk or 1 slice bread. Unweighed series equals 2 portions.

FLORENTINES

125g (1/2 cup) Sugar	1/3 cup Cream
1/2 cup Corn Syrup OR Honey	60g (2 tablesp.) Butter
125g (1 cup) slivered Almonds	75g (1/3 cup) Plain Continental Flour
	60g (1/3 cup) Mixed Peel, finely sliced.

Place Sugar, Cream, Corn Syrup and Butter in a heavy based saucepan and place over a very low heat until the sugar is dissolved. Increase heat to moderate and bring mixture to the boil. Continue boiling until a sugar boiling thermometer reaches 115 deg. C (238 deg F). Transfer mixture to a mixing bowl and sift in the Flour, stirring continuously. Stir in the Almonds and Mixed Peel. Drop 6 teasp. of mixture on to a large buttered

baking tray, 6 cm apart, and bake in a moderately hot oven at 180 deg. C (375 deg. F) for 8-10 minutes, or until browned.

Allow biscuits to stand on baking tray for 1/2 minute or until firm enough to move then loosen quickly with a palette knife and transfer to a wire cooling tray and leave to cool.

Icing

185g dark Cooking Chocolate	9 tablesp. Strong Coffee 90g (3 tablesp.) Butter
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Melt Chocolate, Coffee and Butter in the top of a double boiler over gently boiling water. Coat the back of the biscuits with Chocolate Icing and leave to set. Store in an airtight tin in a cool place. Makes approx. 40 allowing for a few crumbled failures! These are both tricky and delicate to handle but taste delicious.

FUDGE

60g (2 tablesp) Butter or Margarine	3 tablesp. Golden Syrup 4 tablesp. Water
500g (2 cups) Granulated Sugar	1/2 x 440g can Condensed Milk

Place all ingredients in a heavy based saucepan and stir over a low heat until Sugar dissolves. Bring to the boil, without stirring, and boil gently for 10 minutes. Remove from heat and beat well with the back of a wooden spoon until mixture begins to thicken or "to fudge". Pour mixture into a lightly buttered 18cm shallow square cake tin. Leave until cold then cut into neat squares with a sharp knife, dipped into hot water. Store in a container in refrigerator or in a cool place.

MINCEMEAT

125g fresh Beef suet, finely chopped
 250g (1-1/3 cups) Seedless Raisins, chopped
 125g (2/3 cup) Currants
 60g (1/2 cup) chopped Almonds
 30g (1/3 cup) chopped Mixed Peel
 45g (1/4 cup) chopped Dried Figs
 30g (1/4 cup) chopped Dried Apricots
 30g (1/4 cup) chopped Dates
 2 medium size Apples, peeled, cored and chopped
 125g (1/2 cup) Sugar
 1/2 teasp. Ground Nutmeg
 1/2 teasp. Ground Allspice
 1/2 teasp. Ground Cinnamon
 1/2 teasp. Ground Cloves
 300ml (1-1/4 cups) Brandy
 125ml (1/2 cup) Dry Sherry

Place all ingredients together in a mixing bowl and stir thoroughly with a wooden spoon until all ingredients are thoroughly moist. Cover bowl and stand in a cool, dry place for 2-3 weeks. Check once a week and add 3 tablesp. more Brandy or Dry Sherry if the fruit has absorbed all the liquid. Pack into attractive, clean, dry glass or stoneware jars. Cover with a circle of waxed paper then cover securely with transparent paper.

shortbread mould on the round of Shortbread, remove before baking. Chill in refrigerator for 20-30 minutes.

Bake in a moderate oven for 30 to 40 minutes, until lightly golden brown. Allow shortbread to cool on baking tray until firm before removing it to a wire cooling tray. Sift Castor Sugar over the shortbread. Store shortbread in an airtight tin. It will keep fresh and crisp for 3-4 weeks.

SUGAR COATED PEANUTS

25g raw Peanuts	1 cup Water
(red skins)	1 cup Sugar
Red Colouring	

Place all ingredients in a saucepan. Stir over a moderate heat until Sugar is dissolved. Bring mixture to boil and boil slowly for about 20 minutes, stir occasionally. As the mixture goes dry and the nuts become coated with sugar, turn out onto a tray and separate immediately. When cool, store in an airtight container. NOTE: Colour well as it becomes slightly lighter at last stage when sugar becomes dry.

WHITE CHRISTMAS

1 cup Mixed Fruit (including Cherries, Peel and Ginger)	
1 cup Powdered Milk	1 cup Icing Sugar
2 cups Rice Cereal	250g Copha, melted and cool

Mix dry ingredients together in a bowl. Add Copha. Mix well. Place in a greased lamington tin. Cut into fingers.

CONFECTIONERY

BUFFALO SNOW

300ml (1/2 pint) Milk
1 desp. Sugar

1 tablesp. Condensed Milk
Vanilla to taste

Put all ingredients in saucepan, heat until Condensed Milk and Sugar have dissolved. Pour into ice block trays and place in fridge to freeze.

BUTTERSCOTCH

2 cups Crystal Sugar
1/8 teasp. Cream Tartar

3/4 cup Water
1/4 cup Butter

Place all ingredients except the butter into a heavy saucepan. Bring to the boil, stirring till the sugar dissolves. Brush down the sides of the saucepan with a pastry brush dipped in water. Continue to boil steadily till the toffee reaches the soft crack stage, 132 to 143 deg. C on a sugar thermometer. Allow the toffee to settle, then stir in the Butter, pour into a buttered tray or tin and mark into squares as it sets. Break or cut completely into squares when cold.

CHOCOLATE ROUGHS - 1

30g (1oz) Copha
90g (3oz) Desiccated Coconut

125g (4oz) dark Cooking Chocolate

Melt Copha and broken Chocolate in top of double boiler over gently boiling water. Add Coconut and mix well. Leave to cool slightly but not to set. Place teaspoons of mixture in small roughly shaped mounds or heaps on a greased tray or sheet of foil. Place in fridge until set.

CHOCOLATE ROUGHS - 2

1/3 cup hot Mashed Potato
250g (8oz) Icing Sugar
125g (1/4 lb) Desiccated
Coconut

30g (1oz) Butter
1-1/4 tablesp. Cocoa
1 teasp. Vanilla
Pinch Salt

Beat Butter in Hot Potato, sieve Icing Sugar, Salt, Cocoa, then gradually beat in potato mixture. Add Coconut and Vanilla, mix well. Spoon teaspoons of mixture on waxed paper, chill to set.

CHOCOLATE FUDGE - 2

2 cups Sugar
1 cup Milk
2 tablesp. Butter

4 tablesp. Cocoa
1 tablesp. liquid Glucose
1/2 teasp. Vanilla Essence

Place Sugar, Cocoa, Milk and Glucose in a saucepan and stir over low heat until blended and Sugar dissolved. Bring to the boil and cook until it reaches the soft ball stage 115-121 deg C. on a thermometer. Stir frequently to prevent burning. Pour into a large bowl. Add the Butter and

leave until barely warm. Add the Vanilla and then beat until thick and creamy. Pour into a buttered tin. Mark into squares and allow to set. Cut into squares when cold and store in an air-tight tin.

CHOCOLATE RUM TRUFFLES

125g (4oz) Butter	3/4 cup Icing Sugar, sifted
2 tablesp. Rum	1 cup finely grated Chocolate
1/2 cup Cocoa	Chocolate Sprinkles or Cocoa
1-1/2 cup Mixed Fruit (dates, seeded raisins, glace cherries and Ginger)	1 cup Desiccated Coconut

Beat together Butter and Icing Sugar until light and fluffy. Add the grated Chocolate and Rum and beat well. Fold in the Cocoa, Coconut and chopped mixed fruit. Roll the mixture into small balls and toss in the Chocolate Sprinkles or Cocoa. Chill to firm.

CHOCOLATE PEANUT RUM BALLS

4oz dark Chocolate	2oz Butter or Margarine
1 cup Icing Sugar	2 Egg Yolks
2oz crushed Peanuts	1 teasp. Rum
Chocolate Sprinkles	

Melt Chocolate over hot water. Cream Butter and Sugar until light and fluffy, add Egg Yolks. Gradually stir in melted Chocolate, add Peanuts and Rum, beat until mixture is firm. Refrigerate 1 hour, form teaspoonfuls into balls. Roll in Chocolate Sprinkles, refrigerate until ready to serve. Makes about 20 balls.

VARIATIONS: Can be varied by adding what you like best, Nuts, Cherries, Ginger, etc. 1-1/2 cups cake crumbs, 1 tablesp. Cocoa even if the cake crumbs are Chocolate, half cup each Icing Sugar and Coconut, 2 oz melted butter, 1 desp. Rum. Mix all dry ingredients, add Butter and Rum. Use a little Milk if the mixture is too dry. Mould into balls and toss in Coconut or Chocolate Sprinkles. Put in fridge to set.

COCONUT ICE

1/2 cup Milk	2 cups Sugar
1/2 cup Coconut	Pinch Cream of Tartar

Put the Milk, Sugar and Cream of Tartar into a saucepan. Stir over a low heat till the Sugar dissolves and the mixture boils. Boil for 5 minutes without stirring. Do not have the spoon in the pan during this process. Cool slightly, then beat well. When it begins to thicken, add the Coconut and continue to beat till the mixture is quite thick.

Divide in half, add a few drops of pink or red colouring to one half and leave the other half plain. Pour in one layer of white mixture into a greased cake tin, then pour the pink layer on top. Cut into squares when cold.

CARAMELS

1/4 cup Butter	1 tablesp. Honey
1 cup Brown Sugar	1 large can Condensed Milk

Melt the Butter, add the Sugar and allow to dissolve. Add the Honey and Milk and keep on a low heat till boiling point. Boil steadily for about 15 to 20 minutes or until a ball is formed when a little is dropped into cold water, 118 to 120 deg. C on a thermometer. Stir all the time. Pour into a greased tin and when almost cold mark into squares. Cut into squares when cold.

COCONUT SLICE - 1

4 oz Butter	1 teasp. Golden Syrup
1 cup S.R. Flour	1/2 cup Sugar
3/4 cup Desiccated Coconut	

Set oven at moderate temperature. Grease 7"x11" lamington tin. Melt Butter with Golden Syrup over low heat. Sift flour into a bowl, mix in Sugar and Coconut. Add Butter and Syrup and stir until well combined. Press into prepared tin and bake in moderate oven 15 minutes. Cool thoroughly. Spread topping (below) over the shortbread base and chill overnight. Cut into small fingers to serve.

Topping

2/3 cup Condensed Milk	1 oz Butter
1 cup Icing Sugar	1 cup Desiccated Coconut
1 tablesp. Cocoa	1/2 teasp. Vanilla

Heat together Condensed Milk and Butter until Butter has melted. Add to remaining ingredients and mix well.

COCONUT SLICE - 2

100g Butter or Marg	3/4 cup Coconut
1/2 cup Sugar	1-1/2 cups S.R. Flour

Melt Butter in pan and pour over Coconut, Sugar and Flour. Mix well. Press into Swiss roll tin and spread with your favourite jam like raspberry, or lemon butter.

Topping

2 Eggs, separated	1 cup Sugar
1 cup Coconut	4 desp. Milk

Beat Egg whites with Sugar then add Egg yolks beating well. Add Coconut and Milk, mixing well. Spread over jam base and bake 40 minutes in slow oven. Should be a nice golden brown when cooked.

COCONUT FINGERS

1/3 cup Butter	1/2 cup Sugar
2 Eggs, separated	1-1/2 cups Plain Flour
1/2 teasp. Baking Powder	1/4 teasp. Salt
2 tablesp. Milk	1 teasp. Vanilla

Cream Butter and Sugar. Add 2 Egg Yolks and 1 Egg White. Blend well. Sift dry ingredients twice. Add to Butter mixture. Now add Vanilla and Milk. Press mixture into a shallow greased pan 8"x10". Cover with topping.

Topping

1 Egg White	1 cup Brown Sugar
1 cup Coconut	1/2 cup chopped Nuts
1 teasp. Vanilla	(optional)

Beat Egg White until stiff with a pinch of Salt. Add Brown Sugar gradually. Add Vanilla, Coconut and Nuts. Spread over biscuit base and bake for 1/2 hour at 325 deg. Cut into fingers while still warm and leave in the tin to cool. Makes approx. 24.

CHOCOLATE

8 oz Copha	8 oz Icing Sugar
6 tablesp. Cocoa	4 tablesp. Full Cream Milk
Pinch of Salt	

Sift Icing Sugar, Cocoa, Powdered Milk and Salt and add to Copha. Add Coconut, fruits and nuts if desired. Stir till it is a smooth mixture. Pour into rubber moulds.

DIABETIC CHOCOLATE

2 cups Full-Cream Powdered Milk	2 tablesp. Cocoa
1/2 cup Sultanas or other dried fruits, nuts or berries	1 cup Copha
Artificial Sweetener to taste, like Sugarine liquid	

Melt Copha over low heat, do not boil. Pour over dry ingredients and mix well. Place in flat dish or cake tin, chill to set. Cut into squares. If a diabetic, total 10-1/2 portions.

FRENCH JELLIES

4 tablesp. Gelatine	2 cups Cold Water
4 cups Sugar	Pinch Cream of Tartar
Icing Sugar	Colouring if desired

Soak the Gelatine in half the Water. Put the rest of the water, Sugar and Cream of Tartar in a saucepan and bring to boil. Stir gently till the Sugar is dissolved. Add the Gelatine and simmer gently for about 20

minutes. Add Colouring if desired. Pour into wetted cake tin. When cold, cut into squares and toss in Icing Sugar.

FRUITY CHOC-NUT SLICE

125g (4oz) Copha	315g (10oz) dark Chocolate
1/4 cup Desiccated Coconut, toasted	1 teasp. Instant Coffee Powder
185g (6oz) red Glace Cherries	185g (6oz) Cashew Nuts
	185g (6oz) Sultanas

Chop the Copha and Chocolate roughly and melt together over simmering water. Stir in the Coffee. Pour half over the base of a greased slab or lamington tin. Sprinkle Cherries, Coconut, Nuts and Sultanas evenly over the top. Pour the remaining Chocolate over the top and refrigerate until set. Cut into small pieces.

HONEYCOMB

3/4 cup Sugar	2 tablesp. Honey
2 tablesp. Golden Syrup	2 tablesp. Water
1-1/2 teasp. Bicarb Soda	

Place Sugar, Honey, Golden Syrup and Water in saucepan. Dissolve over low heat stirring occasionally. When Sugar is dissolved, bring to boil, reduce heat to low (heat should be just sufficient to keep mixture gently boiling).

Cook about 12 to 15 minutes or until syrup is brittle when a little is dropped in cold water. Cooking time will vary slightly depending on size and thickness of saucepan. Use a pan with heavy base. Be careful syrup does not burn.

Remove from heat, stir in Bicarb Soda quickly. Pour immediately into greased 6" sandwich tin. When cold, break into pieces.

MILK CHOCOLATE CRACKLES

1/2 lb Icing Sugar	1/2 lb Skim Milk Powder
2 tablesp. Cocoa	3/4 teasp. Vanilla
1 cup Sultanas	3 cups Cornflakes
8oz solid white Vegetable Shortening	

Sift Milk Powder, Cocoa and Icing Sugar into bowl. Add Vanilla, Sultanas and Cornflakes; mix well. Melt Shortening over gentle heat, add to dry ingredients, stir until well blended. Put spoonfuls in paper patty cases, refrigerate until set. Makes approx. 36.

PASSIONFRUIT SQUARES

1 pkt plain sweet Biscuits	
1 can Condensed Milk	1/2 cup Passionfruit Pulp
120g (4oz) melted Copha	1/4 cup Lemon Juice

Line a 20cm (8") square tin with a layer of biscuits. To the can of Condensed Milk, gradually beat in melted Copha, Passionfruit and Lemon

Juice. Pour over biscuits, and top with another layer. Chill. Top with Passionfruit Icing. When cool cut into squares.

PINEAPPLE SQUARES

Base

Combine 2 cups crushed Cornflakes

90g (3 oz) melted Butter

Press half of mixture into base 16cm x 27cm (7"x11") tin. Chill.

Filling

120g (4oz) Cream Cheese)

1 can Condensed Milk

1/3 cup Lemon Juice

450g (15oz) can Crushed Pineapple,

drained

Cream Cheese until softened. Gradually add Condensed Milk and Lemon Juice. Mix well. Fold in well drained Pineapple. Pour filling over base. Sprinkle remaining Cornflakes mixture over top. Chill. Cut into squares.

PEPPERMINT CREAMS

250g Icing Sugar

1 Egg White

Peppermint Essence

1 Block plain Milk Chocolate

Sift Icing Sugar into a bowl and blend with Egg White so it forms a stiff paste. Add Peppermint Essence to taste. Knead paste in bowl, using fingertips. Roll paste out to 5mm (1/4") thick between sheets of waxed paper. Place on a tray. Heat the block of Chocolate over low heat on stove until melted. Pour over paste and leave for 24 hours in the refrigerator. Cut into small squares and put in the refrigerator.

ROCKY ROAD

2-1/2 tablesp. Gelatine

3/4 cup Cold Water

500g Sugar

1/2 cup Boiling Water

1 desp. Lemon Juice

1 teasp. Vanilla Essence

Pink & Green Colouring

1/2 cup chopped Nuts

125g Dark Chocolate

60g Copha

1 cup chopped Glace Cherries

Soak the Gelatine in the cold Water. Put the Sugar and boiling water in a saucepan and bring slowly to the boil, stirring to dissolve the Sugar. Add the soaked Gelatine. Boil steadily for 10 minutes. Pour into a large basin and cool. Add the Lemon Juice and Vanilla. Divide into two large bowls and colour one pink and one green. Beat each colour till very thick, then pour into greased shallow tins.

When cold and set, remove from the tins and cut into irregular pieces. Put roughly into a large cake tin or container. Sprinkle the Nuts and Cherries through the marshmallow. Melt the Chocolate and Copha together over hot water, allow to thicken slightly then trickle over and through the marshmallow. Cut into pieces when set.

RUM BUTTERED BRAZIL NUTS

1-1/2 cups Crystal Sugar	1/2 cup Water
500g Brazil Nuts, shelled	3 tablesp. Rum
2 tablesp., 2 desp. liquid Glucose	

Put the Sugar and Water into a saucepan, add the Glucose and bring to the boil, stirring till the Sugar dissolves. Don't stir after boiling point is reached. Boil steadily to 112 to 188 deg. C on a sugar thermometer or the soft ball stage. Add the Butter and Rum. Boil again till the mixture is a honey colour or when a little dropped into cold water forms a hard ball and crackles, 149 deg. C on the thermometer. Remove from heat, drop in the Nuts, lift out and allow to set on greased paper.

TOASTED MARSHMALLOWS

2-2/3 cups Desiccated Coconut	4 tablesp. Gelatine
4 cups Sugar	1 cup Cold Water
2 teasp. Vanilla Essence	2 cups Boiling Water
	2 teasp. Lemon Juice

Put Coconut into a heavy-based frying pan and stir over medium heat until a light golden brown, remove from pan immediately and put aside. Sprinkle Gelatine over the cold Water, leave to soften. Put Sugar into a saucepan, pour the Boiling Water over, stir over low heat until Sugar has dissolved and then bring to boiling point. Add the softened Gelatine, boil steadily for 20 minutes, put aside until lukewarm.

Transfer to the large bowl of electric mixer, add the Vanilla Essence and Lemon Juice, and beat on high speed until very thick and white. Pour into two deep 20cm (8") square cake tins rinsed with cold water and chill until set. Cut the marshmallows into squares while still in tin (use a wet knife), carefully remove and toss in the Coconut. Store in the refrigerator.

TOFFEE APPLES

12 small Red Apples	2 cups Sugar
1/2 teasp. Cream of Tartar	1/2 cup Water
1 teasp. Vinegar	Red food Colouring

Wash Apples, dry and insert a wooden skewer or sharpened ice-cream stick firmly in each. Put Sugar, Cream of Tartar, Water and Vinegar into a saucepan and stir over low heat until sugar has dissolved and mixture comes to boiling point. Boil rapidly without stirring, until a little dropped into cold water will separate into hard and brittle threads. Stir in the colouring, put pan in a bowl of cold water for 1 minute remove from water.

Dip Apples, one at a time, into the toffee (tilt the pan each time) and twist them around in the toffee. Let the apples drain for a minute over saucepan and then stand them on oiled trays to set.

When toffee has set, wrap each in a square of transparent paper. If toffee should begin to thicken before all apples are dipped, return pan to very

low heat to melt, do not stir. NOTE: Toffee Apples can be made the day before needed.

TOFFEES

1 cup Water	3 cups Sugar
1/4 cup Brown Vinegar	Hundred & Thousands
Desiccated Coconut	

Put water, sugar and vinegar into a saucepan and stir over low heat until sugar has dissolved. Brush down inside of pan with a brush dipped into hot water to remove any sugar from sides. Increase heat, bring to boiling point and boil rapidly about 15 minutes, or until a small amount will "crack" when dropped into cold water. Remove from heat, stand pan in a bowl of cold water for 1 minute. Remove pan from water, leave until the bubbles have subsided. Put paper patty cases into patty tins and pour some of the toffee in each. Leave for 2 minutes and then top with Hundreds & Thousands or Coconut.

TOFFEE CRUNCH SLICE

125g (4oz) Butter or Marg	1/2 cup Sugar
3 tablesp. Honey	4 cups lightly crushed Cornflakes
1/2 cup Coconut	
1/2 cup blanched Almonds	1/2 cup Sultanas

Put lightly crushed Cornflakes, Almonds, Sultanas and Coconut into bowl. Put Honey, Sugar and Butter into saucepan, stir over low heat until Sugar has dissolved. Bring to boil, reduce heat, simmer 3 minutes or until mixture turns a caramel colour, remove from heat. Pour caramel mixture over cornflakes mixture, mix well. Press mixture into greased 28cm x 18cm (11"x7") lamington tin. Cut into squares while still warm, cool.

DESSERTS & PUDDINGS

APPLE & PASSIONFRUIT SNOW

2 green Apples	3/4 cup Water
2 Passionfruit	Sugar to taste
2 Egg-whites	

Peel and core Apples, chop roughly. Put in saucepan with water, simmer until tender. Add Passionfruit pulp and Sugar to taste. Cool. When cold, add Egg-whites and beat until stiff and fluffy. Serves 6.

APPLE FRITTERS

3 to 4 green Apples	1/2 cup Milk
1/2 cup Sugar	2 tablesp. Brandy
3/4 cup plain Flour	15g. (1/2oz) melted Butter,
pinch Salt	or substitute
1 Egg, separated	Oil for deep frying

Peel Apples, leave whole and remove core. Cut into 1/2" slices, put into bowl, sprinkle with Sugar. Cover, let stand 1 hour.

Sift Flour and Salt into bowl. Make well in centre, add Egg yolk and Milk. Beat thoroughly until batter is smooth. Add Brandy and melted Butter, beat well. Let stand 30 minutes. Fold in stiffly beaten Egg white.

Coat Apple slices with batter, deep fry in hot oil until golden brown. Lift on to kitchen paper and sprinkle with Sugar. Serve hot with cream.

HONEY GLAZED BANANAS

60g. (2oz) Butter	2 tablesp. Lemon Juice
2 tablesp. Honey	4 ripe Bananas
pinch Salt	

Heat Butter in pan. Add Honey, Lemon juice and Salt, and boil mixture until thickened. Peel Bananas, leave whole or slice cross-wise. Add to pan and cook gently until tender.

(A delicious accompaniment to grilled Pork or Lamb Chops, Ham Steaks, or Chicken. If liked, brush some of the honey glaze over the chops or chicken while cooking.)

BANANA FRITTERS

4 medium sized ripe Bananas

Batter		
1 Lemon	1 cup plain Flour	Castor Sugar
pinch Salt	Oil for frying	1 Egg
1/2 cup Milk		

Sift Flour and Salt, stir in beaten Egg and Milk. Peel and slice Bananas, stir gently into batter. Fry tablespoons of mixture in hot Oil until golden. Serve sprinkled with Sugar and Lemon Juice.

BANANA SUNDAE

Place scoops of your favourite Ice Cream in shallow dish, top with Banana slices and crushed Nuts.

CHOCOLATE BANANA FLAN

15g. (1/2oz) Cornflour	120g. (4oz) Chocolate
150g. (5oz) Sugar	1 teasp. Gelatine
1/2 pint Water	280ml. (1 tablesp.) Hot Water
2 tablesp. Powdered Milk	2 Bananas
3 Eggs	22cm (9") cooked Pastry Shell
1/2 teasp. Vanilla	2 Bananas and Chocolate to decorate.

Mix Cornflour, powdered Milk, 90g. (3oz) Sugar together. Add hot Water to beaten Egg yolks, pour onto Cornflour mixture. Cook slowly until thickened. Add Vanilla. To half the Custard add chopped Chocolate, and stir until melted.

Arrange sliced Bananas in bottom of pastry case, pour Chocolate Custard over; chill. To the other half of Custard, add Gelatine dissolved in hot water; chill until slightly thickened. Beat Egg whites until frothy, add remainder of Sugar. Fold into Custard mixture. Pour over chocolate layer, leave until set.

Decorate with grated Chocolate and Banana slices dipped in Lemon Juice.

BANANA AND APPLE CRUNCH

2 cups Stewed Apples	2 cups crumbled Vita-Brits
4 ripe Bananas	120g (4oz) melted Butter
Sugar, Lemon Juice	2 tablesp. Sugar

Place Apples in greased ovenproof dish. Slice Bananas and arrange on top of Apples. Sprinkle with Sugar and Lemon Juice.

In separate basin mix crumbled Vita-Brits, 2 tablesp. Sugar and melted Butter. Toss lightly with fork, and spread over Apples and Bananas. Bake in moderate oven for 20 minutes, or until top is crisp. Serve warm with custard, or cold with Ice Cream.

BANANA APPLE CRUMBLE

1 kg. (2lbs) Apples	1/2 cup Sugar
2-3 Bananas	2 tablesp. Butter
1 cup S.R. Flour	

Peel, core and slice Apples, and cook in very little water, adding 1 to 2 tablesp. Sugar and 2 Cloves. Place in buttered pie dish and cover with slices of Bananas cut lengthwise.

Sift Flour into basin, add Sugar, and rub in Butter. Sprinkle thickly over top of Bananas.

Bake in moderate oven 30-35 minutes, and serve with Cream or Custard.

MOCHA BANANA FLAN

22cm. (9") cooked Pastry Shell	
3 teasp. Gelatine	180ml. (6oz) chilled Evaporated Milk
1/2 cup Hot Water	2 teasp. Instant Coffee Powder
3 Bananas	Vanilla Essence
1/2 cup Sugar	60g. (2oz) melted Chocolate

Dissolve Gelatine in hot water. Add Sugar and stir until dissolved. Add Coffee and melted Chocolate. Allow to cool. Whip Evaporated Milk until thick, and stir into Choc/Coffee mixture. Fold in 2 mashed Bananas. Pour into Pastry shell and chill until set. Decorate top with remaining Banana, and serve with Cream.

BANANAS IN FLAME

4 firm Bananas	3 tablesp. Honey
4 slices tinned Pineapple	1/2 cup Breadcrumbs
3 tablesp. melted Butter	2 tablesp. Rum

Brush Bananas with Butter and Honey, roll in Breadcrumbs. Bake in hot oven for 10 minutes. Carefully slip each Banana through centre of drained Pineapple ring. Place on heated chafing dish, pour Rum over, and light flame under dish. When Rum is warm, ignite and serve flaming.

BANANAS CARIBBEAN

6 medium sized Bananas	1/2 cup Sherry
1/4 cup Brown Sugar	30 g. (1oz.) Butter
1/2 cup Orange Juice	4 tablesp. Rum
grated rind 1 Orange	1 tray Vanilla Ice Cream
1/4 teasp. each of	or 140ml. (1/4 pt.) whipped
Ground Cinnamon and Nutmeg.	Cream

Peel Bananas, place in flat buttered baking dish. Combine the Brown Sugar with Orange juice, Rind, Spices and Sherry. Heat and pour over Bananas. Dot with Butter. Bake in moderate oven 10-15 minutes. Remove from oven. Heat Rum, ignite and pour over the Bananas. Serve with Ice Cream or whipped Cream.

TROPICAL FRUIT SALAD

1 Pineapple (or can of pieces)	1 can Litchi Nuts
1 Pawpaw	1 pkt Preserved Cherries
2 Passionfruit	juice 1/2 Lemon
3 Mangos, sliced	Sugar to taste
	3 Guavas

Peel and dice Pineapple and Pawpaw. Remove pulp from Passionfruit, and add Lemon Juice. Add Mangos, Guavas, and Litchies. Add Sugar if necessary. Sprinkle salad with a little Kirsch if available. Chill before serving.

GOLDEN SPONGE PUDDING

1-1/2 cups S.R. Flour	1 tablesp. Butter
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2 tablesp. Sugar	1 Egg
1/4 cup Milk	a few drops of Essence
Salt	

Cream Butter and Sugar, beat in Egg. Add Milk, Essence, and pinch of Salt. Lastly add the Flour. Beat into a light batter. Grease a basin. Put a little Golden Syrup in bottom, pour batter on top of Golden Syrup. Cover with greased paper. Steam 1-1/2 hours. Serve hot with white sauce. You may use jam in place of Syrup if desired.

WINTER FRUIT SALAD

1 cup dried Prunes	1/2 cup Raisins	Butter
1 cup dried Apricots (soak in water 1/2 hour)	1 cup Orange Juice	
4 medium ripe Bananas	3 tablesp. Honey	
	Lemon Peel	

Arrange diced Bananas in greased ovenproof dish. Arrange Apricots and Prunes between. Sprinkle over the Raisins. Melt Honey, and Orange Juice, and pour over fruit. Sprinkle with Lemon Peel and dab with Butter. Bake in moderate oven for 30 minutes. If desired, blanched Almonds can be added with Raisins.

GRAPEFRUIT CHEESECAKE

Pie Shell	
180g. (6oz) plain sweet Biscuits	90g. (3oz) Butter

Crush Biscuits, combine with melted Butter. Press into pie plate, refrigerate while preparing filling.

Filling	
240g. (8oz) Cream Cheese	1 can Condensed Milk
2 Grapefruit	1/4 cup Lemon Juice
1 teasp. grated Grapefruit Rind	

Remove all the skin and pith from Grapefruit. Cut into segments over bowl so no juice is lost. Reserve segments for decoration. Cut remainder into small pieces. Beat Cream Cheese and Grapefruit Rind until creamy. Gradually beat in Condensed Milk, Lemon Juice, and any juice from Grapefruit. Fold in chopped fruit, and pour into prepared pie shell. Decorate with reserved segments. Refrigerate.

GRAPEFRUIT CHIFFON

1 Grapefruit	4 Eggs, separated
1 tablesp. Grapefruit Rind	3 tablesp. Gelatine
1/2 cup Grapefruit Juice	1/4 cup Water
1 tablesp. Lemon Juice	1/2 cup Castor Sugar
1/2 teasp. Salt	

Sprinkle Gelatine over cold water. Beat Egg yolks and add 1/4 cup Sugar, Grapefruit Juice, Lemon Juice, and Salt. Cook over simmering water until it is thick enough to coat spoon. Add Grapefruit Rind and Gelatine, and stir until Gelatine dissolves. Cool. Beat Egg whites until stiff, add remaining Sugar, beat again. When Grapefruit mixture starts to thicken,

fold in Egg whites. Spoon into serving dish and chill. Decorate with Grapefruit segments.

GINGER ICE CREAM

120g. (4oz.) Preserved Ginger	
850ml. (1-1/2 pints) Cream	1/4 cup Ginger Syrup
1/2 cup Sugar	1 tablesp. Lemon Juice

Cut Ginger into small pieces and combine with Cream which has been well chilled and whipped with Sugar and Lemon Juice. Blend thoroughly and freeze.

GINGERED FIGS

450g. (1lb) dried Figs	1 large piece Ginger Root
Water	Sugar
2 Lemons	Cream

Wash Figs and clip off stems. Put in saucepan, add cold water to cover, 1 tablesp. Lemon Juice, and 2 teasp. thinly sliced Lemon Rind. Add Ginger Root and bring to boil. Boil until Figs are puffed and soft, approx. 20 minutes. Drain, reserving liquid. Place Figs in serving dish. Measure liquid and return it to saucepan. Add half as much Sugar as liquid and simmer until syrupy. Add 1 tablesp. Lemon Juice and 4 slices Lemon. Pour syrup over Figs. Chill and serve with Cream.

LEMON DELICIOUS

45g (1-1/2oz) Butter	2 tablesp. Lemon Juice
1/2 cup Sugar	1 teasp. grated Lemon Rind
2 Eggs, separated	2 tablesp. Flour
1 cup Water	5 tablesp. Powdered Milk

Cream together Butter and Sugar. Separate Eggs, gradually beat in yolks, Lemon Juice and Rind. Sift Flour and Powdered Milk and fold into creamed mixture. Stir in water. Beat Egg Whites until stiff, and fold through mixture. Pour into greased ovenproof dish and place in pan of hot water. Bake in moderate oven until set, approx. 40 minutes.

LEMON CHEESECAKE

Crust	
2 cups crushed sweet Biscuits	1/4 cup Sugar
180g. (6oz) Butter, melted	1/4 teasp. each Cinnamon and Nutmeg

Combine all ingredients and press on sides and bottom of pie plate.

Filling	
1 tablesp. Gelatine	225g. (8oz) Cottage Cheese
1/2 cup Water	1 cup Sugar
1 tablesp. Lemon Rind	1 large can Evaporated Milk, well chilled
1/2 cup Lemon Juice	1 teasp. Vanilla Essence

Dissolve Gelatine in water, add Lemon Rind. Cream Cottage Cheese and Sugar together. Add Gelatine and Lemon Juice, chill until partially set. Whip cold Evaporated Milk, beat in Cheese mixture, and Vanilla. Pour into crumb crust, refrigerate.

LIME WHIP

1 small can Evaporated Milk	1 pkt. Lime Jelly Crystals
squeeze Lemon Juice	3 Passionfruit
1 tablesp. Icing Sugar	1 slice Lemon

Chill Evaporated Milk overnight. Prepare Jelly to directions, using half the amount of water. Chill until slightly thickened. Beat Milk until thick, add Lemon juice, and gradually beat in Sugar and thickened Jelly. Pour into serving dish and chill until set. Decorate with Passionfruit pulp and Lemon slice.

MANGO MIST

18 small Macaroons	3 cups Mango Pulp
1/2 cup Blanched Almonds	1-1/2 cups Whipping Cream
340g. (3/4 lb) White Grapes	

Mince Almonds and Macaroons together. Crush Grapes through a sieve and pour juice over the Macaroons and Almonds. Whip 3/4 cup Cream until thick, then fold through Macaroon mixture. Arrange in tall glasses. Cover with Mango pulp and serve with remainder of whipped Cream.

MANGO MOUSSE

450g. (16oz) Mango Pulp, chilled	1 tablesp. Rum
140ml. (1/4 pint) Cream, whipped - extra cream for decorating	

Place Mango pulp into bowl and whip until thick. Add Cream gradually, and whip until very thick. Stir in Rum, and pour into glasses. Pipe heavily with whipped Cream on top of each glass. Refrigerate well before serving.

STEWED DESSERT MANGO

10 almost ripe Mangos	2 cups Sugar
2 cups Water	1/2 cup Lemon Juice

Place Mangos and water in saucepan and simmer until tender. Add Sugar, boil further 15 minutes. Add Lemon Juice, and when cool, refrigerate. Serve with Custard or Ice Cream.

MELON ALASKA

1 Rockmelon	1 Egg White
2 tablesp. Sweet Sherry	2 tablesp. Sugar, extra
2 desp. Sugar	Ice Cream
1 Passionfruit	

Halve Melon, remove seeds. Sprinkle 1 tablesp. Sherry and 1 tablesp. Sugar over each half. Place Passionfruit in centre. Beat Egg white until stiff,

gradually add extra Sugar, beating well after each addition. Put a scoop of very firm Ice Cream into centre of each half. Cover top quickly with Meringue, and bake in hot oven 4-5 minutes or until Meringue is set and golden. Serve immediately.

MELON BALLS IN WINE

Combine 1/4 cup Lemon Juice and 2 tablsps. Sugar. Stir until Sugar dissolves. Scoop out Cantaloup or Watermelon with melon baller. Toss in Lemon Juice and 1-1/2 cups Dry White Wine. Roll each ball in coconut.

SPICED CANTALOUPE

3 small Melons	1 tablesp. Preserved Ginger, chopped
juice 1 Lemon	1/2 cup Water
1/2 teasp. Ground Ginger	1/2 cup Sugar

Cut Melons in half, remove seeds and refrigerate in covered container until well chilled. Combine remaining ingredients in saucepan, bring to boil, and simmer 5 minutes. Chill Syrup. To serve, spoon Syrup over each melon half. Garnish with slices of Orange or Lemon.

ORANGE AND PASSIONFRUIT SOUFFLE

1 large Orange	2 Eggs, separated
1 Lemon	2 Passionfruit
1 desp. Gelatine	1/2 cup Evaporated Milk,
30g. (1oz) Sugar	chilled

Soak Gelatine in a little boiling water. Grate rind from Orange and Lemon. Place in saucepan with the juice, Egg yolks, and Sugar. Stir well. Cook over low heat until mixture thickens. Add dissolved Gelatine and set aside to cool. Beat chilled Evaporated Milk until frothy and add to cooled and partially set jelly. Stir in Passionfruit and then the stiffly beaten Egg whites. Turn into wetted mould and chill until set.

CITRUS SOUFFLE

3 teasp. Gelatine	280ml. (1/2 pint) Whipped Cream
3 Eggs	3/4 cup Castor Sugar
grated rind & juice 1 Lemon	1/4 cup hot Water 2 tablesp. Orange
Juice.	

Separate yolks from whites of Eggs. Gradually beat Sugar into yolks, and beat until thick. Add juices and rind, and beat another minute. Dissolve Gelatine in hot water, stir into mixture, and place in refrigerator until slightly thickened. Fold in whipped Cream. Beat Egg whites until stiff and fold in gently. Turn into prepared souffle dish, and chill until set. When serving, remove top paper from dish and coat sides of souffle with crushed nuts.

JELLIED PAWPAW WEDGES

1 firm Pawpaw	1/2 cup Orange Juice
1 tablesp. Sweet Sherry	2 Passionfruit
1 pkt. Lemon Jelly Crystals	1 cup boiling Water

Cut Pawpaw in half lengthwise, remove seeds. Divide Sherry into both halves of Pawpaw, and set aside. Dissolve Jelly in boiling water, add Orange Juice and sufficient cold water to bring liquid to 570ml. (1 pint). Refrigerate until partly set. Remove pulp from Passionfruit, add to jelly with Sherry and juice collected in Pawpaw shells. Pour Jelly into Pawpaw halves, refrigerate until set. To serve, cut into wedges, serve with Ice Cream.

QUEEN OF THE PUDDINGS

3 slices of stale Bread	1-1/2 cups Boiling Water
30g Butter	2 tablesp. Sugar
1/4 teasp. Vanilla Essence	2 Eggs, separated
2 tablesp. Jam	2 tablesp. Castor Sugar

Crumble the bread slices into a bowl, add the Milk, which has been heated with the Butter and Sugar, stand for a few minutes, then beat. Add the Vanilla Essence, beat the Egg yolks and beat into the milk mixture. Mix well then pour into a greased ovenproof dish. Bake for 35 minutes in a moderate oven. Spread the warmed jam over the set pudding. Whisk the Egg whites until stiff, fold in the Sugar and pile on top of Jam. Bake for a further 10 minutes.

PAWPAW ICE CREAM

1 small ripe Pawpaw	280ml. (1/2 pint) Cream
1/2 cup Orange Juice	1/2 cup Sugar
3 tablesp. Lemon Juice	

Peel Pawpaw, remove seeds, chop coarsely. Blend in blender or push through sieve to make a fine puree. Measure 1-1/2 cups Puree, mix in fruit juices. Combine Cream and Sugar, refrigerate 1/2 hour, stirring occasionally to dissolve Sugar. Gradually stir in fruit mixture. Pour into freezer trays, freeze until firm.

PASSIONFRUIT DELIGHT

1 cup Passionfruit Pulp	1/2 cup Sugar
3 tablesp. Gelatine	4 Eggs
1/2 cup cold Water	juice and rind 2 Lemons
280ml. (1/2 pint) Evaporated Milk or Cream	

Chill Evaporated Milk or Cream. Put Gelatine and Water in small saucepan, heat gently until dissolved. Combine Fruit, Lemon Juice, Sugar and Egg yolks in top of double boiler, and cook over water until mixture is the consistency of thin custard. Add cooled Gelatine and grated Lemon Rind. Refrigerate until slightly set. Whip chilled Milk or Cream, and fold into Fruit mixture. Whip Egg whites and fold in also. Pour into serving dish or individual glasses, and top with swirl of Cream.

PASSIONFRUIT ICE CREAM MERINGUE

PINEAPPLE AND ORANGE CRUNCH

Crunch

3 cups Cornflakes	3 tablesp. Honey
3/4 cup Brown Sugar	2 tablesp. canned Pineapple and Orange Juice
1 desp. Butter	

Heat all ingredients except Cornflakes in saucepan until Sugar dissolves. Boil rapidly until a drop of Syrup in cold water forms a soft ball. Pour over Flakes, mix lightly with fork. Press around sides and base of 20cm (8") cake tin. Leave to set.

Butterscotch

2 tablesp. Custard Powder	4 Egg yolks
1 cup Brown Sugar	2 cups canned Pineapple and Orange Juice
2 tablesp. Butter	

Blend Custard Powder and Egg yolks with little fruit juice. Combine remaining juice with Sugar in saucepan. Stir over heat until Sugar dissolves. Stir in blended Custard Powder mixture, and cook until thickened. Remove from heat, stir in Butter.

Pineapple Cream

3 tablesp. Gelatine	1/2 teasp. grated Orange Rind
3/4 cup heated Pineapple and Orange Juice	1/2 cup drained crushed Pineapple
1/4 cup chopped Dates	2 Egg whites
1/2 qty. prepared Butterscotch	1 cup sieved Cottage Cheese Whipped Cream

Dissolve Gelatine in hot fruit juice. Cool. Add half prepared Butterscotch. Chill until thickened. Beat Egg whites until stiff, fold in Cottage Cheese, and mix in thickened Butterscotch and Gelatine mixture. Fold in Orange Rind, Dates, and Pineapple.

To Assemble

Unmould Crunch, fill with Pineapple Cream. Chill. Cover with remaining Butterscotch, top with whipped Cream.

GINGER PINEAPPLE FLAN

Sweet Crust

180g. (6oz) crushed Cornflakes	60g. (2oz) Icing Sugar
60g. (2oz) melted Butter	1 teasp. Ground Ginger
1 desp. Pineapple Juice from can.	

Combine all ingredients, press into base of pie plate. Refrigerate.

Filling

1 tablesp. Gelatine	450g. (15oz) can Pineapple Juice
2 tablesp. cold Water	60g. (2oz) Sugar
1 tablesp. Lemon Juice	150ml. (1/4 pint) chilled Cream

Soften Gelatine in cold water, then dissolve over heat. Stir in Sugar, Pineapple, and Lemon juices. Chill until beginning to thicken, then beat

until light and fluffy. Fold in lightly whipped Cream, and fill biscuit case. Decorate with sweetened Cream and pieces of Ginger. Refrigerate.

PINEAPPLE SOUFFLE

450g (15oz) can Crushed Pineapple	grated rind and juice of 1 Lemon
2 Eggs	150ml. (1/4 pint) Cream
1 tablesp. Gelatine	little Angelica
90g. (3oz) Sugar	

Beat Egg yolks, Lemon Rind, and Sugar until thick. Strain juice from Pineapple, add Lemon juice and make up to 280ml (1/2 pint) with water. Dissolve Gelatine in juice at low heat, pour into Egg yolk mixture. Fold in most of Crushed Pineapple. When cold, add whipped Cream and stiffly beaten Egg whites.

Pour into souffle dish and allow to set. Decorate with pieces of Pineapple, Angelica and Cream.

PEACHES AFLAME

820g. (29oz) can Peach Halves	1/2 teasp. Arrowroot
Slivered Almonds	1/4 cup Brandy

Pour 1/2 cup juice from can into saucepan, and boil. Blend Arrowroot with a little cold water and stir into peach juice until slightly thickened. Add Peaches and baste with sauce until heated through. Heat Brandy until warm, ignite and pour over Peaches. Top with Almonds and serve with Ice Cream and Wafer Biscuits.

TROPICAL PLUM PUDDING

In a 1.2 litre (1qt) saucepan combine -

1/2 cup Sugar	3 level tablesp. Cocoa
Gradually add 3 cups Milk and	1 teasp. Vanilla Essence.
pinch Salt	120g. (4oz) chopped
	Walnuts or Queensland Nuts
1 cup Mixed Fruits	1 tablesp. Preserved Ginger

Boil for 5 minutes, remove from heat. Dissolve 3 level dessertspoons Gelatine in 1/4 cup hot Water, cool. Add cooled Gelatine to fruit mixture and stir well. Pour into basin mould, and set overnight. Unmould, top with holly decoration, and serve with Ice Cream or cold Custard.

SPICED APPLE ROLL

3 cups S.R. Flour	Salt
90g Butter	2 Eggs
1/2 cup Water	1 or 2 tablesp. Milk
3/4 cup Sugar	1 teasp. Cinnamon
90g Sultanas	1 tablesp. Lemon Juice
Extra Milk	2 tablesp. soft Breadcrumbs
3 large Apples, peeled cored and finely sliced	

Sift the Flour and Salt and run in the Butter, beat the Eggs and Water together and stir into the mixture to make a soft dough. Knead lightly on a floured board until smooth and roll out as thinly as possible, then brush with milk. Spread over the Apples, Sugar, Cinnamon and Sultanas; sprinkle with Lemon Juice, then Breadcrumbs. Roll up from the long end, place on a greased tray and twist into a horseshoe shape, brush with extra milk, bake in a hot oven for 10 minutes, then reduce heat to moderate for a further 30 minutes. Serve hot with custard or Ice-Cream.

SPICED APPLE CRUMBLE

4 cooking Apples, peeled, cored and sliced
 3 tablesp. Water, or try Cider or White Wine
 Sugar 1/2 teasp. Ground Ginger
 2 or 3 Cloves 1/2 cup Plain Flour
 1/2 cup Rolled Oats 60g Butter
 1/3 cup Sugar 1/2 teasp. Ginger (optional)

Put the prepared apples into a saucepan with the Water, Sugar to taste and the Ginger and Cloves. Simmer until the Apples are tender, then add more water if necessary. Remove the Cloves and pour into a shallow ovenproof dish. Sift the Flour into a bowl, add the Oats and rub in the Butter, then add the Sugar and Ginger if used and sprinkle on top of the Apple. Bake for 40 minutes in a moderate oven. Serve hot with custard or ice-cream.

STRAWBERRY CHIFFON FLAN

22cm. (9") cooked Pastry case
 2 cups Strawberries 3 teasp. Gelatine
 1/2 cup Sugar large can Evaporated Milk
 1/2 cup hot Water Pink Colouring

Dissolve Gelatine in hot Water, and pour over 1 cup diced Strawberries and Sugar. Cool. Whip chilled Evaporated Milk until thick, and add Strawberry mixture. Colour with pink Colouring and pour into Pastry Case. Chill until set. Top with remainder of Strawberries and Whipped Cream.

STRAWBERRY AND PINEAPPLE DELIGHT

1 small Pineapple 60g. (2oz) crushed Macaroons
 225g (1/2 lb) Strawberries Castor Sugar
 Ice Cream or Whipped Cream

Peel Pineapple and cut into slices, remove core and cut into chunks. Wash and hull Strawberries, sprinkle well with Sugar; leave for 1 hour. Combine with Pineapple. Stir in crushed Macaroons, and spoon into serving dishes. Serve with Ice Cream or Whipped Cream.

STRAWBERRIES RAMANOFF

1/2 tumbler crushed Strawberries Whole Strawberries
 Sugar Port Wine

Crush sufficient Strawberries to half fill ordinary tumbler. Fill glass with Port Wine. Cover and refrigerate 24 hours. Strain well, pressing to extract all liquor. Pour over sugared Strawberries and Ice Cream.

TROPICAL TRIFLE

1 Sponge Cake Layer	2 Passionfruit
450g. (15oz) Mango Pieces	2 tablesp. Sherry or Brandy
450g. (15oz) can Crushed Pineapple	570ml. (1 pint) Boiled Custard
	3/4 cup Cream

Cut Cake into cubes and arrange in base of serving dish. Pour Sherry over. Drain Mangos and mash. Combine Custard, drained Pineapple and Mango. Pour over Cake, stir slightly. Refrigerate 1 hour before serving. Decorate with whipped Cream, top with Passionfruit.

LEMON GELATINE PAVLOVA

Pavlova	
3 Egg Whites	pinch Salt
1 teasp. Lemon Juice	3/4 cup Castor Sugar
2 teasp. Cornflour	Extra Cornflour

Cut 23cm (9") circle from piece of greaseproof paper. Place on greased oven tray. Brush lightly with melted Butter, dust with extra Cornflour, shake off excess.

Beat Egg Whites and salt until firm peaks form. Add Castor Sugar gradually, beating well after each addition. Beat until Sugar is completely dissolved. Lightly fold in sifted Cornflour and Lemon Juice. Spread approx. 5mm (1/4") layer of mixture to fit prepared circle. Bake in slow oven one hour until Pavlova is dry to touch. Cool in oven.

Lemon Filling	
3/4 cup Sugar	1/3 cup Cornflour
1 cup Water	1/2 cup Lemon Juice
60 (2oz) Butter	3 Egg Yolks
2 teasp. Gelatine	1 tablesp. Water
1 cup Cream	

Combine Sugar and Cornflour. Blend in Water and Lemon Juice gradually, stir until smooth. Stir constantly over medium heat until mixture boils and thickens. Remove from heat, quickly stir in Butter and Egg Yolks.

Sprinkle Gelatine over Water, stand over hot water until dissolved. Add to lemon mixture and allow to cool. Lastly fold in lightly whipped Cream. Refrigerate 20 minutes or until partly set. Spoon into pavlova shell and refrigerate until filling is set. Decorate with extra whipped cream.

ORANGE SELF-SAUCING PUDDING

60g Butter	3/4 cup Sugar
2 Eggs, separated	4 tablesp. S.R. Flour
grated rind of 1 Orange	1/4 cup Orange Juice
1-1/4 cups Milk	

Cream the Butter and Sugar together, add the Egg yolks and cream well. Fold in the Flour, Orange Rind and Juice. Slowly add the Milk, stirring well. Beat the Egg whites until stiff and fold into the mixture. Turn

into a well-greased shallow pie dish. Bake in a moderate oven for 30 to 40 minutes until set.

ENTREES

OYSTERS NATURAL

Arrange Oysters on the shell or bed of Lettuce, or Ice, with small individual servings of cocktail sauce. Serve with Lemon Wedges, and triangles of buttered brown bread.

OYSTER MORNAY

Coat Oysters on the shell with Cocktail Sauce, sprinkle with grated Cheese and melted Butter. Place under griller until Cheese browns.

OYSTERS KILPATRICK

Season Oysters on the half-shell with a little Worcestershire Sauce, Salt and Pepper. Cover Oysters with 1 or 2 strips of Bacon. Heat in hot oven, or under griller until Bacon is crisp.

PRAWN COCKTAIL

720g (1-1/2 lbs) Prawns, shelled Lettuce Lemon slices

Sauce

2 tablesp. Tomato Sauce	few drops Tabasco Sauce
1 desp. Worcestershire Sauce	Salt to taste
1/2 teasp. Mustard	1 desp. White Vinegar
2 tablesp. lightly Whipped Cream	

Combine all ingredients except, Cream, mix well. Fold in Cream.

Arrange layer of lettuce in each serving dish. Top with Prawns, spoon sauce over. Garnish side of dish with Lemon slice. Serve with a triangle of Brown Bread.

CURRIED PRAWNS

450g (1 lb) shelled Prawns	1 tin Chicken Vegetable
1 Onion	1 desp. Curry Powder
1 teasp. Butter	1 Tomato
2 teasp. Cornflour	

Saute chopped Tomato and chopped Onion in Butter until tender. Add Curry Powder, tin of soup, and half a tin of Water. When almost boiling, add Cornflour blended in 1/4 tin of Water. Stir until smooth and thick. Pour over cooked Prawns in heatproof dish.

The same sauce may be used with Crab or Fish.

PRAWNS SWEET AND SOUR

1/4 cup Oil	1 large tin Pineapple Pieces
3/4 cup Sliced White Onions	1/2 cup White Vinegar
1 tablesp. Soy Sauce	1/2 cup Capsicum, sliced

1 tablesp. Lemon Juice	3 tablesp. Cornflour
450g (1 lb) shelled Prawns	1/4 cup Sugar
Salt, Pepper	1/2 teasp. Ground Ginger

Heat Oil in saucepan, add finely sliced White Onions, and Capsicum strips. Saute for 3 minutes. In a basin combine Cornflour, Sugar, Ground Ginger, White Vinegar, Soy Sauce, 1/2 cup juice from Pineapple, Lemon Juice, Salt and Pepper. Stir in ingredients in saucepan, and continue stirring until mixture thickens. Add tin of Pineapple pieces, and heat to simmering point. Add shelled Prawns. Serve with boiled Rice and Green Beans.

PRAWN ENTREE SPECIAL

450g (1 lb) Prawns	60g (2oz) Mushrooms
3 medium Zucchini	2 rashers Bacon
1/2 Green Pepper	Salt, Pepper

Remove rind from Bacon, chop roughly. Saute in pan until crisp. Remove and reserve pan drippings. Add shelled Prawns, sliced Zucchini, sliced Mushrooms, and Pepper cut into strips, to pan and saute, stirring 5 minutes, or until well heated through. Return Bacon to pan, season to taste with Salt and Pepper.

HAWAIIAN PORK AND PINEAPPLE

1 medium fresh Pineapple	Lettuce Leaves
2 cups diced cold Pork	450g (1 lb) Cocktail Sausages
French Dressing	12 Olives

Scoop out pulp from Pineapple. Fill with diced cold Pork. Dice Pineapple and chop Olives. Bind together with French Dressing. Stick whole Olives and Sausages on toothpicks on outside of Pineapple. Place on dish surrounded by Lettuce Leaves. Serve chilled.

GRILLS

BANANA BACON GRILL

Peel and halve Bananas and place on a griller rack with drained Pineapple slices, and rashers of Bacon. Grill until Bananas are tender, or Bacon crisp. Serve as a breakfast dish, or with a meat course.

HAVE YOU TRIED: Bananas at barbecues, baked with the skin on.

GRILLED BANANA BITES

Cut peeled ripe Bananas into 2cm. (1") pieces. Roll each piece with strip of rindless Bacon and secure with toothpick. Cook over hot barbecue or under griller until Bacon is crisp.

JAMS, CHUTNEYS & PICKLES

JAMS

BANANA-PINEAPPLE JAM

1 large Pineapple
1 kg. (2 lbs) Sugar

6 Bananas

Grate the Pineapple, slice Bananas. Place in a large saucepan and simmer until tender. Add Sugar, boil until thick. (Jam will be plum coloured when cooked). Bottle and seal.

CITRON MARMALADE

Slice Fruit, add 1300ml (2 pints) Water to every 500g. (1 lb) Fruit. Stand all night. Next day, boil until tender, and stand all night. Next day add 900g. (1-1/2 lbs) Sugar to every 500g (1 lb) cooked Fruit. Boil until it jells, about 3/4 hour.

ORANGE MARMALADE

5 medium sized, Sweet Oranges
4 cups Water

3 cups Sugar

Prepare Oranges by washing and drying. Peel rind thinly from two Oranges and cut into strips. Peel remaining Oranges and segment, saving pips to soak in one cup of cold water to extract pectin. Cover Orange rinds and segments with remaining 3 cups of Water and soak overnight.

Next day, add Water in which the pips were soaked and simmer for about an hour or until orange rinds are soft. Add Sugar (which has first been warmed by placing in a moderate oven for 7 minutes) and stir until dissolved. Bring to boil uncovered, and simmer for about 25-30 minutes, until the marmalade jells when tested on a cold saucer. Pour into hot sterilised jars and seal.

SWEET ORANGE MARMALADE

6 Oranges
3 Lemons

9 cups Sugar
9 cups Water

Wash Oranges, quarter them and remove seeds. Cut finely. Pour water over and stand overnight. In the morning, boil gently until tender, about 1 hour. Add Sugar and Lemon Juice. Boil further 30 minutes.

COMQUORT JAM

40 Comquorts
2 cups Water

8 cups Sugar

Cut Comquorts in halves, squeeze out seeds. Put pulp and seeds in one basin, mince skins and place in another basin. Pour 1 cup Water on skins, and 1 cup Water on pulp and seeds. Leave overnight. In the morning boil

pulp and seed 20 minutes. Strain onto skins and boil until tender. Add Sugar and boil further 1/2 hour, or until jam jells. Bottle when cool, and seal.

GUAVA JELLY

Guavas	Sugar
Water	Lemon Juice

Wash Guavas, trim tops, chop roughly. Put in saucepan, cover with Water, bring to boil. Reduce heat, simmer 2 hours. Strain through colander, then through muslin.

Measure liquids: For each cup of liquid, add 1 cup Sugar, and juice of 1/2 lemon. Boil all together until mixture jells.

GRANADILLA JELLY

4 Granadillas	5 cups Sugar
2 Lemons	

Boil diced Granadillas and sliced Lemons in water 2 hours, well covering the pulp in the pan with water. Strain. Add Sugar and boil approx. 2-1/2 hours, or until mixture jells.

LOQUAT JAM

Boil the stones of the fruit with water. Discard stones. Next day, boil the fruit in same water until tender. Add 1 kg. Sugar to every 1 kg. Fruit, and boil until clear. Before putting the fruit into the water in which the stones have been boiled, weigh the fruit, and allow 1200ml. of water to every 1 kg. Fruit.

MANGO JELLY

Peel Mangoes and stew to pulp. Sweeten to taste, and to every cup stewed fruit, allow 1 tablesp. Gelatine. Dissolve Gelatine in hot pulp, add beaten whites of 2 Eggs. Beat well and set in mould. Serve with Ice Cream.

ROSELLA JAM

2.250kg (5 lbs) Rosellas	Sugar
2.840 litres (5 pints) Water	

Wash Rosellas, cut off stem end, remove seed pods. Boil seeds with water, gently for 1 hour. Strain. Add leaves, boil further 30 minutes. Allow 1 cup Sugar to 1 cup of pulp, and boil until jam sets.

STRAWBERRY JAM

1-1/2 kg (3 lb) Strawberries	
125g (1/4 lb) Sugar	juice 1 Lemon

CHUTNEYS

APPLE CHUTNEY

500g (1lb) Onions	1-1/4 cups Vinegar
1 kg (2lb) Apples	1 cup dried Mixed Fruit
2 teasp. Pickling Spices	1 teasp. Salt
1-1/2 cups medium Brown Sugar	1 teasp. Ground Ginger

Put finely grated or finely chopped Onions into saucepan with 1/3 cup Vinegar. Simmer until nearly soft. Add chopped Apples, Dried Mixed Fruit, Spices tied in muslin bag, Salt, Ginger and just enough Vinegar to stop mixture from burning. Add the remainder of Vinegar and stir in Sugar. Boil until thick. Remove spices and pour into hot jars.

PAWPAW CHUTNEY

2.5kg (3 lbs) Pawpaw	225g. (1/2 lb) Raisins
500g (1 lb) White Onions	1/4 teasp. Cayenne Pepper
2 large green Apples	1 tablesp. Salt
1 teasp. Mixed Spice	675g (1-1/4 lbs) Brown Sugar
120g (4oz) Preserved Ginger	570ml (1 pint) Malt Vinegar

Peel and remove seeds from Pawpaw; peel and core Apples; chop fruit into cubes. Peel and chop Onions, chop Ginger finely.

Put Fruit, Onions, and Ginger in preserving pan, add remaining ingredients and bring to boil, stirring until Sugar is dissolved. Reduce heat, simmer, stirring occasionally for 2 hours. Bottle and seal.

PINEAPPLE CHUTNEY

Cut Pineapple into chunks. For every 2kg (4 lbs) Fruit add 100g (3oz) Ground Ginger, 1 desp. Salt, 1 teasp. White Pepper, 225g (1/2 lb) Sugar, 1 bottle Vinegar (or 850ml (1-1/2 pints) Lemon Juice), 120g (4oz) chopped Raisins.

Boil for approx. 1-1/2 hours. Bottle while hot.

MANGO CHUTNEY

10 large green Mangoes	6 Chillies
1 kg. (2 lbs) Sugar	30g (1oz) Garlic
140g (1/4 lb) Dates	1 tablesp. Salt
140g (1/4 lb) Sultanas	3/4 bottle Vinegar
140g (1/4 lb) Preserved Ginger	

Peel and slice Mangoes, salt, and cover with water overnight. Strain and Wash. Boil all ingredients, except Sugar until tender. Add Sugar, and simmer another 2 hours. Bottle and seal.

ROSELLA CHUTNEY

2 kg (2 lbs) Rosellas	1 desp. Salt
6 large Apples	1 tablesp. Peppercorns
450g (1 lb) Onions	450g (1 lbs) Sugar
1 teasp. Cayenne Pepper	1 tablesp. Vinegar
1/2 cup Worcestershire Sauce	

Chop up Rosellas, Onions, and Apples, very small. Boil with other ingredients, except Sugar, until tender. Add Sugar, boil until soft.

GREEN TOMATO CHUTNEY

1.4kg (3 lbs) Green Tomatoes	1 teasp. Salt
15g (1/2 oz) Root Ginger	450g (1 lb) Sour Apples
225g (8oz) Sugar	225g (8oz) Onions
280ml (1/2 pint) Vinegar	225g (8oz) Sultanas

Remove skins from Tomatoes. Peel and core Apples, dice. Chop Onions, tie Ginger in muslin bag. Place all ingredients except Sugar into saucepan. Boil until tender. Stir in Sugar and simmer until thickened. Remove Ginger. Pour into warm jars and seal.

PICKLES

CAULIFLOWER PICKLES

Use pickling Cauliflower broken into small pieces. 2lb Onions, sliced. Sprinkle with Salt, let stand overnight. In a pan bring 3 pints Vinegar to boil. Make a paste then thin to a batter the following: 4 tablesp. Flour, 4 tablesp. Mustard, 1 tablesp. Turmeric, 1/2 teasp. Cayenne Pepper, 1 cup Sugar, 1/2 cup Golden Syrup. Add to boiling Vinegar, boil for 5 minutes. Add Cauliflower and Onions, boil again for 30 minutes.

CUCUMBER PICKLES

2.5-3kg (6lbs) green Cucumbers, washed and sliced.
 2/3 cup Salt
 cold water to cover
 2/3 cups Salt
 50g (1 lb) White Onions sliced
 2 cm (1") piece Ginger Root
 (or Crystallised Ginger)
 1 red Capsicum
 4 cups Cider Vinegar
 4 cups Brown Sugar
 2 teasp. Celery Seeds
 1 tablesp. Mustard Seeds
 1/3 cup Salt
 1/2 teasp. Turmeric

Soak Cucumbers in bowl overnight with Salt. Soak Onions overnight with Salt. Drain and wash in clear water. In large saucepan bring slowly to boil, Vinegar, Sugar, Celery Seeds, Turmeric, Mustard Seeds, and Ginger Root. Add Onions, and when returned to boil, add Cucumbers and Capsicum. Simmer gently 5 minutes. Pack while warm in sterile jars, pour liquid to cover.

CHOCO PICKLES

2.5 kg (3 lbs) Chokoes
 700g (1-1/2 lb) White Onions
 1 desp. Curry Powder
 1/2 teasp. Ginger
 1 cup Plain Flour
 1 desp Turmeric
 1 desp. dry Mustard
 1/2 cup Salt
 1 kg. (2 lbs) Brown Sugar
 1.200ml (2 pints) Malt Vinegar
 Water

Peel Chokoes and Onions, chop into small pieces. Place in large bowl, sprinkle with Salt, cover with water. Cover bowl, stand overnight.

Drain vegetables, rinse in cold water. Place 900ml (1-1/2 pints) Vinegar and the Sugar into large pan, bring to boil. Add Vegetables, bring back to boiling point. Mix all dry ingredients to paste with remaining 300ml (1/2 pint) Vinegar, gradually adding to vegetable mixture. Stir constantly until mixture boils and thickens. Reduce heat, simmer 10 minutes. Pour into warm jars and seal.

FRIED EGGPLANT PICKLE

2 medium Eggplants
 1 teasp. Salt
 1 teasp. Turmeric
 Oil for frying
 1 teasp. Mustard Seeds
 1 teasp. Curry
 5 cloves Garlic
 5cm (2") Root Ginger
 1 teasp. Ground Coriander
 1 teasp. Cummin
 1/4 teasp. Chilli Powder
 1/2 cup Vinegar

1 stick Cinnamon
1 large Onion

1 teasp. Sugar

Cut Eggplants in slices lengthwise, sprinkle with Salt and Turmeric. Let stand 1 hour. Drain off liquid. Heat about 2.5cm (1") Oil in shallow pan and fry Eggplant until brown. Lift out and place in bowl. Pour 1/2 cup Oil from frying Eggplant into saucepan, and heat in it, Mustard Seeds, Curry, Cinnamon, finely grated Ginger, for a few minutes. Add Coriander, Cummin and Chilli Powder. Heat further 3 minutes. Add Eggplant, mix well, add Vinegar. Cover and simmer 15 minutes. Season with Salt to taste. Stir in Sugar just before removing from heat. Cover and store in refrigerator.

GREEN TOMATO PICKLES

3kg (6lbs) green Tomatoes	4 Cloves
2kg (4lbs) Onions	2 Chillies
1kg (2lbs) French Beans or Cauliflower	4 tablesp. Flour
(OR 500g (1 lb) each)	1 tablesp. Mustard
450g. Sugar	1 tablesp. Turmeric
1 teasp. Pepper	1/2 cup Salt

Cut Tomatoes, Beans, Cauliflower and Onions. Sprinkle with Salt, stand overnight. Drain and wash well. Place in preserving pan, add Cloves. Cover with Vinegar, add Sugar, and boil. Add Flour, Mustard and Turmeric, and Pepper. Blend well together, and boil for 20 minutes after adding thickening.

PICKLED PEPPERS

3 medium Green Peppers	3 medium Red Peppers
2 White Onions	3/4 cup Malt Vinegar
1 cup Water	3/4 cup Sugar
1 teasp. Salt	1/2 teasp. freshly ground Nutmeg
Fresh whole Cloves	

Peel and slice Onions into rings, remove seeds from Peppers and slice finely. Place in saucepan with cold water, bring to boil, then drain. Combine remaining ingredients and simmer together for 10 minutes. Add drained vegetables and cook 5 minutes. Spoon into hot, sterilised jars and seal.

SWEET MUSTARD PICKLES

2 large Onions	1 small Cucumber
1.25kg (2-1/2lb) Tomatoes	1 medium sized Red Capsicum
10 cups Water	1/4 cup Salt
2 cups Sugar	1-1/4 cups Malt Vinegar
2 tablesp. Flour	2 teasp. dry Mustard
1 teasp. Curry Powder	Good pinch Cayenne Pepper
2 teasp. Turmeric	3 tablesp. Malt Vinegar, extra

Peel Onions and Cucumber, slice Onions. Halve Cucumber lengthwise, cut the halves into slices. Peel and slice Tomatoes, halve Capsicum, cut into

short strips, put all into a bowl. Add the Water and Salt, cover and leave overnight.

Transfer to a pan, bring to boiling point then boil 10 minutes, strain off the liquid. Add Sugar and the 1-1/4 cups Vinegar to the Vegetables, bring to the boil, stirring until Sugar has dissolved, then boil 3 minutes.

WATERMELON PICKLES

1kg (2lbs) Watermelon	1 Lemon, sliced
Salted Water	1 teasp. whole Cloves
1200ml (2 pints) Water	2 cups White Vinegar
2 extra cups Water	
3cm (1") piece Cinnamon Stick	

Trim off dark green and pink parts of rind. Cut rind into large cubes, roughly 3cm (1") square. Soak over-night in sufficient salted water to cover. Drain, rinse, and cover with 1200ml (2 pints) cold water in saucepan. Cook until tender. Drain. Tie spices in clean muslin. Simmer Sugar, Vinegar, extra Water, Lemon and Spices 10 minutes. Remove spice bag, add Watermelon Rind, simmer until clean, approx. 15-20 minutes.

Fill into sterilised jars, seal. Use as a pickle with cold meats.

CORN RELISH

1 x 440g can Whole Kernel Corn	1 large Onion, chopped finely
1 cup Cider Vinegar	1/4 cup Sugar
Ginger Root	1/2 teasp. Chilli Powder
1 teasp. Curry Powder	Salt, Pepper
1/2 teasp. Turmeric	1 teasp. grated fresh
1-1/2 tablesp. Cornflour	1/2 teasp. Mustard Seed
1/2 cup chopped Celery	1 small red Capsicum, diced
1 small green Capsicum	

Drain the Corn, reserve the liquid from can. Put the Onion into a saucepan, add enough water to cover, bring to boiling point, remove from heat, drain. Mix together Vinegar, Sugar, Chilli Powder, Curry Powder, Turmeric, Ginger Root and Mustard Seed, put into a saucepan. Bring to boiling point, reduce heat and cook gently for 3 minutes. Add the Corn, Onion, Celery, Capsicums, bring to boiling point and then simmer for 10 minutes, stir in Salt and Pepper to taste. Mix together Cornflour and liquid from Corn can, cook further 10 minutes. Bottle in sterilised jars.

TOMATO RELISH

450g (1 lb) ripe Tomatoes	1 tablesp. Salt
450g (1 lb) White Onions	1 cup Vinegar
1 cup Sugar	1 tablesp. Curry Powder
1 tablesp. Cornflour	3 Capsicum or Cooking Apples (or mixed)

Prepare for slicing Tomatoes, Onions, Capsicums and Apples. Combine with Sugar, Salt, Vinegar and Curry Powder. Simmer gently 30 minutes. Thicken with Cornflour blended with a little Vinegar. Simmer further 5 minutes. Bottle while warm, and seal.

TOMATO AND CORN RELISH

3 lb ripe Tomatoes	1-1/2 lb Onions
1 desp. Salt	1-1/2 cups Brown Sugar, firmly packed
26oz bottle White Vinegar	1/4 cup Sultanas
1/4 cup Raisins	15oz can Whole Kernel Corn
1 desp. Dry Mustard	1 tablesp. Curry Powder
1 teasp. Nutmeg	1/2 teasp. Pepper
1 teasp. Ground Ginger	1/2 teasp. Cinnamon
2 tablesp. Cornflour	1/3 cup Water

Peel and chop Tomatoes and Onions, put in saucepan with Salt, Sugar, Vinegar, Sultanas and Raisins. Bring to boil, reduce heat and simmer 1 hour. Combine Mustard, Curry Powder, Nutmeg, Pepper, Cinnamon, Ground Ginger, Cornflour and water to form a smooth paste; pour into tomato mixture, stir well. Drain Corn, add to mixture, cook further 10 minutes; cool. Pour into sterilised jars. Makes approx. 2-1/4 pints.

MEATS

AVOCADO BURGERS

1 medium Avocado	pinch Salt
1 cup cooked Soybeans	fresh Breadcrumbs
1/2 small Onion, chopped	Oil for frying
1 tablesp. Tomato Puree	

Peel ripe Avocado, remove stone. Combine all ingredients except Breadcrumbs and Oil, in blender until smooth. Turn into bowl, add enough Breadcrumbs to make mixture that can be shaped into patties. Fry in hot Oil until brown.

BANANA AND MUSHROOM STEAK

700g (1-1/2 lbs) piece Topside Steak	2 firm Bananas
1 tablesp. Brown Sugar	1 teasp. Lemon Juice
1 pkt. or tin Mushroom Soup	1 desp. chopped Parsley

Cut pocket in steak, fill with Bananas mashed with Lemon Juice and Brown Sugar. Secure pocket, firmly. Place in deep casserole.

Make up Mushroom Soup using 3/4 amount of water stated. Pour over meat, cover, and bake, until tender. Serve sprinkled with chopped Parsley.

GINGERED PACIFIC ISLAND STEAKS

4 thick grilling Steaks	2 tablesp Claret or Burgundy
4 pieces Preserved Ginger	1 tablesp. Sugar
1 teasp. Ginger Syrup	4 tablesp. Water
1 tablesp. Soy Sauce	1/2 teasp. Salt
1 clove Garlic	

Chop Ginger finely, combine with remaining ingredients, except Steaks, in basin. Stir well, add Steaks, and marinate approx. 2 hours. Drain. Grill or pan fry until tender. Spoon heated marinade over as a sauce. Serve with hot Rice.

PINEAPPLE BEEF CURRY

450g (15oz) can Pineapple pieces	1 desp. Curry Powder
1 Onion	2 Beef Stock Cubes
1 Carrot	1/3 cup Sultanas
1 Apple	juice 1/2 Lemon
60g (2oz) Butter	Salt, Pepper
450g (1lb) minced Steak	2 cups Water
3 tablesp. Flour	

Chop Onion, grate Carrot, peel and core and chop Apple. Melt Butter in saucepan, add Onion and fry until transparent. Add Carrot and Apple and Meat. Stir until meat is browned. Stir in Flour and Curry Powder, cook further 1 minute. Remove from heat. Gradually add Water and Stock Cubes. Cook stirring until mixture boils and thickens. Add Sultanas, Pineapple

and Lemon Juice. Reduce heat, cook slowly 1 hour. Season to taste. Serve with boiled Rice.

PINEAPPLE HAM STEAKS

4 thick Ham Steaks	2 tablesp. Brown Sugar
120g (4oz) Water	1 cup Pineapple Juice

Marinate Ham Steaks in combined Pineapple Juice and Brown Sugar for 2 hours. Drain well. Heat Butter, fry Steaks until golden brown on both sides.

Canned Pineapple rings, sauteed in hot butter can be served as an accompaniment.

GINGERED PORK CHOPS

4 loin Pork Chops	1 tablesp. Brown Sugar
2 cloves Garlic	1 tablesp. Vinegar
1 teasp. Salt	450g (15oz) can Pear Halves
1/2 teasp. Pepper	few whole Cloves
1 teasp. Ground Ginger	

Brown Chops both sides 15-20 minutes. Crush Garlic with Salt, Pepper, Ginger, and Sugar. Blend well. Add Vinegar. Add Garlic mixture to chops and simmer further 20 minutes. Drain Pears, stud with Cloves, brush with melted butter and grill until lightly coloured.

Serve with Rice, Green Beans, and Salad

PINEAPPLE MEAT BALLS

720g (1-1/2 lbs) Mince Steak	1 Onion
450g (15oz) can Pineapple pieces	1/2 cup Vinegar
1 tablesp. Sherry	2 sticks Celery
1/4 teasp. Ground Ginger	1 Carrot
1-1/2 teasp. Arrowroot	1 Green Pepper
1/4 cup Brown Sugar	Salt, Pepper
1 tablesp. Oil	1 teasp. Soy Sauce
Little Water	1 Cucumber

Season minced Steak with Salt and Pepper. Roll into small balls. Heat Oil in large fry pan, and fry slowly until cooked. Remove and drain off excess fat. Drain Pineapple pieces and reserve juice. Slice Celery and Carrot, chop Cucumber, removing seeds, chop Green Pepper and Onion. Add prepared vegetables to pan and saute 3 minutes. Combine Vinegar, Sugar, Pineapple Juice, Soy Sauce, Sherry, Ginger and seasonings, and add to vegetables, Pineapple pieces and Meat Balls. Bring to boil and simmer 5 minutes. Blend Arrowroot with little water and add to pan, stirring until mixture thickens. Serve with boiled Rice.

PUMPED LEG OF LAMB 1 - BAKED MOCK HAM

Choose plump leg of lamb and have Butcher pump it well with brine solution. Soak 1 hour in cold water, remove and dry, then smear slightly with mixed mustard.

Roll 500g scone dough to 6 to 7cm thickness and mould this around leg. Bake in moderately slow oven about 2 to 2-1/2 hours. Remove scone mixture, brush leg with melted butter, coat with browned breadcrumbs and stick with cloves if desired. Allow to become quite cold before serving, cut in thin slices.

PUMPED LEG OF LAMB 2 - MOCK HAM

Pumped Leg of Lamb, few Bacon Bones, 1 Onion stuck with Cloves, few sprigs Parsley, 1 destsp. Brown Sugar, 1 tablesp. Vinegar, melted Butter, Hot Fruit Juice (Orange, Lemon or Pineapple) brown Breadcrumbs, Cloves.

Place Lamb in large saucepan, cover with warm water, add Bones, Onion, Parsley, Sugar, Vinegar. Cover, simmer gently allowing about 20 minutes for each half kilo weight. Test through thickest part of leg with very fine knitting needle or skewer for doneness.

When cooked turn off heat, allow leg to cool in water. Remove from pan, brush with melted Butter and Hot Fruit Juice, then sprinkle with Crumbs, stud leg with Cloves and serve as for Baked Ham above.

ZUCCHINI AND LAMB

720g (1-1/2lbs) Lamb Neck Chops	1/2 teasp. Thyme
1 cup Water	1 Onion
1 Beef Stock Cube	1 tablesp. Oil
2x340g (3/4 lb) Zucchini	450g (15oz) can Tomatoes
Salt, Pepper	2 tablesp. Flour

Heat Oil in large saucepan, add Chops. Cook until well browned both sides. Add Onion, brown well. Pour off any surplus fat. Add Flour, Thyme, Salt and Pepper. Toss well to coat meat and Onion. Add Tomatoes with their liquid, Water, and Stock Cube. Bring to boil, reduce heat, cover and simmer 45 minutes. Add sliced Zucchini, cook further 15 minutes.

Serve with new Potatoes, or boiled Rice.

SWEET AND SOUR SAUSAGES

750g Thick Pork Sausages	2 tablespoons Oil
1 Onion, cut into wedges	1 stick Celery
1 Carrot, sliced	1 red Capsicum, chopped
1x440g can Pineapple pieces	1 Spring Onion, sliced

Prick Sausages all over with a fork. Heat Oil in frying pan, add sausages; cook over low heat until browned. Drain: slice diagonally.

Drain all but 1 tablespoon of Oil from pan. Add Onion, cook until tender. Add the celery, Carrot and Capsicum, cook, stirring, until vegetables are tender. Drain Pineapple, reserve 2/3 cup juice.

Sauce

1/3 cup White Vinegar	1/3 cup Tomato Sauce
1/4 cup Water	1/4 cup Sugar
2 teaspns light Soy Sauce	1 tabls. Cornflour

Combine reserved juice with remaining ingredients. Add Pineapple, Sausages and Sauce to pan; stir until boiling and thickened. Sprinkle with Spring Onion.

PIES AND PASTRIES

CUSTARD TART

3oz Butter	3 Eggs
1/4 cup Sugar	2 cups Milk
1-1/4 cup Plain Flour	Sugar
1/4 cup S.R. Flour	Vanilla
1 Egg	

Cream Butter and Sugar, add Egg then Flour. (You may have to add last of the flour by hand). Refrigerate for 1/2 hour. Roll out carefully. Spoon luke warm Custard. Bake 375 deg.(Gas) approx. 20-30 minutes. Add Nutmeg after first 10 minutes of baking.

APRICOT CHEESECAKE

1-1/2 cups crush Crushed Chocolate Ripple Biscuits	250g dried Apricots
4 tablesp. melted Butter	1/2 cup Water
1/4 cup Sugar	1/4 cup Brandy or Sherry
rind & juice 1 Orange	1/4 cup Water
2 tablesp. Gelatine	1 cup Castor Sugar
1/2 cup Milk	250g Continental style Cottage Cheese
4 Eggs, separated	
1/3 cup Orange Juice	

Mix the Biscuits and Butter. Press into the base of a 20cm springform tin. Chill till firm. Put the Apricots into a saucepan with the Sugar, Water and Orange Rind and Juice. Simmer for 20-25 minutes, till the liquid is almost absorbed. Cool and add the Brandy or Sherry.

Dissolve the Gelatine in the 1/4 cup Water. Place in the top of a double boiler with the Milk, 3/4 cup Sugar and the Egg yolks. Cook, stirring constantly for about 10 minutes, till the mixture coats the back of a spoon.

Beat the Cottage Cheese till smooth. Gradually add the Orange Juice. Add the Yolk mixture and blend well. Whisk the Egg whites till stiff. Gradually add the rest of the Sugar. Fold into the Cheese mixture.

Spread half of the mixture on top of the crumb crust. Put the Apricot filling on top, then add the rest of the cheese mixture. Chill till set. Decorate as desired with fresh or canned Apricots and Cream.

FETA CHEESECAKE

250g plain sweet Biscuits	125g Butter
375g Feta Cheese	2 Eggs, separated
3/4 cup Castor Sugar	1 whole Egg
1 tablesp. Flour	1 cup Sour Cream
1 tablesp. Lemon Juice	1 tablesp. extra Sugar

Mix the crushed Biscuits with the Butter and press on to the base and sides of a 20cm springform pan. Chill while preparing filling. Crumble cheese

and add the Egg yolks one at a time, beating cheese well. Add the whole Egg, 3/4 cup Sugar, Flour, Sour Cream, and Lemon Juice. Combine well. Beat Egg whites till they form peaks. Add the extra Sugar. Fold into the Cheese mixture. Pour into prepared crust and bake for 1-1/2 hours at 160 deg.C (325 deg.F). Refrigerate. Decorate with Cream and sprinkle with Cinnamon or Nutmeg.

CHOCOLATE CHEESECAKE

150g Chocolate Biscuits, crushed	60g Butter, melted
1/4 teasp. Cinnamon	500g Cream Cheese
3/4 cup Sugar	2 Eggs
1 tablesp. Vanilla Essence	1 cup Sour Cream
150g melted dark Chocolate	1 tablesp. Tia Maria or Whiskey
Pecan or Walnuts, Cherries and Cream to decorate	

Combine the Biscuits, Butter and Cinnamon. Press into the base of a greased 20cm springform pan. Chill to set. Cream the Cheese and Sugar till fluffy. Add the Eggs, one at a time. Beat well after each addition. Add the Sour Cream, Vanilla and cooled melted Chocolate and the Tia Maria or Whiskey, if used.

Pour over the Biscuit crumb crust and stand the cake tin on an oven tray. Bake in a slow oven for 1 hour and 10 minutes. Allow to cool in the oven. Chill well before removing from the tin. Decorate with whipped cream, nuts and cherries.

GRANADILLA PIE

22cm (9") cooked Pastry Case	1 ripe Granadilla
1 tablesp. Lemon Juice	1/2 cup Sugar

Cut Granadilla in half, remove seeds, dice flesh. Peel half of the pith, and stew as apples with Sugar. When cool, stir in seeds and Lemon Juice. Pour into pastry shell, decorate with whipped Cream.

LEMON MACAROON PIE

Macaroon Shell	
2 Egg Whites	2 tablesp. S.R. Flour
1/4 cup Sugar	1/2 teasp. Vanilla
1/4 cup Icing Sugar	1-1/4 cups Coconut

Filling	
2 Egg Yolks	1 desp. Gelatine
3/4 cup Sugar	1/4 cup cold Water
1 tablesp. grated Lemon Rind	280ml (1/2 pint) Cream
	1/2 cup Lemon Juice

Shell

Beat Egg whites until soft peaks form. Gradually add sifted Sugars, beating well after each addition. Fold in Flour, Vanilla and Coconut. Spoon mixture into well greased pie plate; with fork, spread evenly over base and sides. Bake in moderate oven 10 minutes. Remove from oven and with fork, press mixture back up around sides of plate. Return to oven for further 20-25 minutes, until shell is pale brown.

Filling

Put Egg yolks and Sugar in saucepan, and beat well. Add Lemon Juice and Rind. Simmer until mixture thickens slightly. Remove from heat. Soften Gelatine in cold water, add to Lemon mixture, mix well. When Lemon mixture is cold and almost set, fold through lightly whipped Cream. Pour filling into Macaroon shell. Refrigerate until firm, and decorate with extra whipped Cream.

LEMON MERINGUE PIE**Pie Shell**

1 cup S.R. Flour	2 tablesp. Water
pinch Salt	60g (2oz) Butter

Sift together Flour and Salt. Rub in Butter until mixture is like breadcrumbs. Add Water and mix well. Roll dough to fit 20cm (8") pie plate, prick base, and bake in moderate oven 15 minutes. Cool.

Filling

1 can Condensed Milk	2 Eggs, separated
1/2 cup Lemon Juice	1/4 cup Castor Sugar
grated rind 1 Lemon	

Combine Condensed Milk, Lemon Juice and Rind, and Yolks of Eggs. Fill into pie shell. Beat Egg whites until stiff, add Sugar, beat further 5 minutes. Spoon or pipe meringue on top of filling. Bake in moderate oven 15 minutes until golden brown.

MULBERRY PIE

250g Shortcrust Pastry (can be frozen)	500g Mulberries
3 tablesp. Sugar	1 teasp. Lemon Juice
	3 tablesp. Cornflour

Cook Mulberries with Lemon Juice, Sugar and 1/3 cup of Water until tender. Drain and thicken 2/3 cup of Juice with Cornflour, first blended with a little water. Cook, stirring until thickened, add fruit and put aside until cold.

Roll out two-thirds of Pastry to line an 18cm tart plate, add filling, brush pastry edges with water, top with remaining pastry. brush with water and make steam vents in top. Bake in a hot oven for 10 minutes. Reduce to moderate and bake 20 minutes longer or until bottom pastry is done. Serves 4-6

PAWPAW CREAM CHEESE TART**Pastry**

90g (3oz) Butter	2 cups Plain Flour
1/4 cup Sugar	1/2 teasp. Baking Powder
1 Egg	

Cream Butter, Sugar, and Egg together. Work in sifted Flour and Baking Powder. Roll out Pastry to fit 20cm (8") pie plate.

slightly, then spoon into pastry shell. Dot filling with pieces of Cherry, and bake in moderate oven for 20 minutes.

FROZEN LIME TART

QUANTITIES GIVEN MAKE TWO LARGE TARTS OR ONE TART AND ABOUT 6 SHERBET GLASSES FULL. YOU CAN ALSO HALVE IT.

2 pie Shells, biscuit crumb crust or baked, 23cm size	
1 pkt Lime Jelly	1/2 cup Sugar
1/4 cup Lemon Juice	1 large can Fruit (sliced Peaches or other fruit) drained
Few drops Green Colouring	1 large can icy cold Evaporated Milk stiffly beaten.

Dissolve the Jelly in 1 cup of very hot water. Add the Sugar and stir till dissolved. Add the Lemon Juice. Line the tart shells with the drained fruit. Add the Jelly mixture to the beaten Evaporated Milk. There's no need to cool the Jelly first. Beat constantly as you add it. Add the green colouring. Pour into the prepared tart shells and freeze.

SNOWY PINEAPPLE PIE

450g (15oz) can Crushed Pineapple	
60g (2oz) Sugar	15g (1/2 oz) Gelatine
1 small can Evaporated Milk	pinch Salt
2 tablesp. Coconut	22cm (9") cooked Pastry Shell

Drain Pineapple. Measure 420ml (3/4 pint) juice into saucepan, making up with water if necessary. Add Sugar and Gelatine and stir over gentle heat until dissolved. Cool. Pour chilled Evaporated Milk into bowl, add Salt, and whisk until thick. Fold in cooled jelly mixture when nearly set. Add Pineapple and Coconut, and pour into pastry shell.

PINEAPPLE ICE CREAM PIE

2 cups crushed Cornflakes	1200g (1qt) Ice Cream
2 tablesp. Sugar	1 cup drained crushed Pineapple
120g (4oz) Butter	

Crush Cornflakes slightly. Add Sugar, and combine with melted Butter until lightly coated. Divide into three even amounts. Press one portion of crumb mixture into base of 22cm (9") cake tin. Have Ice Cream slightly soft and mix into drained Pineapple. Spread half over crumb mixture. On top of this layer of Ice Cream spread second layer of crumbs, then remaining Ice Cream. Finally coat with last portion of crumbs. Cover with piece of waxed paper and chill in freezer until firm.

PALM ISLAND PIE

Filling	
450g (15oz) can Crushed Pineapple	
2 tablesp. Cornflour	1 Egg, beaten
225g (1/2 lb) chopped Dates	1 tablesp. Butter

Heat Pineapple and Syrup until boiling, and thicken with Cornflour blended in 1/4 cup Water. Beat in Egg and Butter, add Dates.

Pastry

2 cups Plain Flour	120g (4oz) Butter
1/4 cup Cornflour	2 tablesp. Sugar
1/2 teasp. Baking Powder	1 Egg
1/2 cup Coconut	

Sift dry ingredients, rub in Butter. Add Sugar and Coconut. Beat Egg in cup, add Milk to half fill cup. Stir into dry ingredients to make firm paste. Roll 2/3 to line base of 17cm (7") square layer pan. Add filling, cover with remaining pastry. Bake in moderate oven 25 minutes, sprinkle with Coconut.

PUMPKIN PIE

200g Wholemeal Flour	100g Butter
3 tablesp. Water	1 tablesp. Sugar

Filling

2 cups cooked mashed Pumpkin	1 cup Evaporated Milk
1/2 teasp. Salt	3 tablesp. Golden Syrup
3/4 teasp. Cinnamon	2 Eggs
1/4 teasp. Nutmeg	1/4 teasp. Ground Ginger
Pinch Ground Cloves	pinch Allspice

Rub Butter into flour until it resembles breadcrumbs. Add Sugar and Water and mix to give a stiff dough. Cover with plastic and refrigerate for approx. 1 hour. Roll out pastry and line a 24cm pie dish. Combine all filling ingredients. Mix well and pour into the pie shell. Bake in a hot oven for 35 minutes. Serve with Cream or Ice Cream.

SPICED PUMPKIN PIE

1 x 25cm (8") uncooked Pastry Case	1/2 teasp. Cinnamon
1 cup dry Mashed Pumpkin	pinch Nutmeg
2 Eggs	1 teasp. Ground Ginger
1 cup Milk	1/4 teasp. Salt
1 tablesp. Treacle or Syrup	1 teasp. Vanilla
	Whipped Cream
	3/4 cup Brown Sugar

Cook Pumpkin, mash, add Brown Sugar, Treacle, Salt and Spices. Beat Eggs, Milk and Vanilla. Combine with Pumpkin. Spoon gently into uncooked pie shell, bake for 5 minutes in hot oven. Reduce heat to moderate, and continue baking further 20 minutes or until lightly set. Cool slightly, and serve warm with Cream.

QUICHE CARNATION

1 sheet ready made Shortcrust or Puff Pastry. (120g pastry approximately)	1 large Onion, chopped
3 rashers Bacon, chopped	2 tablesp. Parsley, chopped
3 Eggs	375ml can Evaporated Milk

Seasonings: Nutmeg, Cayenne Pepper, 1 cup Tasty Cheese, grated.

Grease and line quiche flan with pastry. Fry Bacon, Onion and Parsley. Place onto pastry flan. Mix together Eggs, Evaporated Milk and seasonings. Pour into flan. Add Cheese. Bake at 220 deg. C for 10 minutes. Reduce heat and bake at 200 deg. C for 20 minutes or until cooked.

MUSHROOM QUICHE: Add 200g fresh Mushrooms, sliced. Proceed as above.

ASPARAGUS QUICHE: Omit Bacon, add 310g can Asparagus spears, drained and 4 Shallots, chopped. Proceed as above.

POULTRY

CHICKEN HAWAIIAN

1kg plus (2-3lbs) Chicken
 1 clove Garlic
 1/2 cup Soy Sauce
 420g (15oz) can Peach Halves
 Salt

Chop Garlic, mix with Soy Sauce and Seasoning. Drain Peaches, add 3 tablesp. juice to Soy mixture. Use to brush Chicken inside and out. Stand in roasting pan 15 minutes. Roast in moderate oven 1-1/2 hours, basting with Soy Sauce mixture every 15 minutes. Place drained Peaches around Chicken for last 15 minutes of cooking.

CRISPY CHINESE CHICKEN

3 lb Chicken pieces
 2 cloves Garlic
 1/2 teasp. Salt
 1 tablesp Brandy
 1 desp. Cornflour
 1/4 cup Milk
 2 tablesp. Soy Sauce
 1" piece Green Ginger
 1 tablesp. Sugar
 1/3 cup Flour
 1 Egg
 Oil for deep frying

Put Chicken pieces in bowl with combined Soy Sauce, Crushed Garlic, Grated Ginger, Salt, Sugar and Brandy; turn to coat pieces with mixture. Marinate several hours or overnight, turning occasionally; drain. Roll Chicken in combined Flour and Cornflour, dip in combined beaten Egg and Milk. Deep fry in hot Oil approx. 15 minutes, or until golden brown and cooked through. Serves 4.

CHICKEN CHOW MEIN

1 x 425g (15oz) can Pineapple pieces (drained)
 1.4kg (3 lb) Chicken
 1/2 Cabbage, shredded
 1 Green or Red Pepper, chopped
 230g (1/2 lb) cooked, shelled, Prawns
 1 desp. Cornflour
 (optional)
 1 clove Garlic, crushed
 1/2 cup Pineapple liquid
 230g (1/2 lb) lean Pork
 3 sticks Celery, chopped
 1-1/2 teasp. Soy Sauce
 1 Onion cut into thin semi-circles
 1 teasp. Brandy or dry Sherry
 4 tablesp. Oil
 Salt and Pepper

Shred uncooked Chicken and Pork, sprinkle with Salt. Add Soy Sauce, Brandy or Sherry, 1/2 teasp. Cornflour and 1 teasp. Oil, mixing well. Heat remaining Oil in pan, add Garlic, Chicken and Pork, cook for 5 minutes. Sprinkle with Pepper, add Onions, Cabbage, Celery, Green or Red Pepper. Fry until Onions are soft. Add Prawns and Pineapple pieces. Mix remaining Cornflour with Pineapple liquid, add to the pan and bring to the boil, stirring gently. Serve on fried noodles.
 Serves 6.

BAGGED APRICOT CHICKEN

1kg plus (2-3lbs) Chicken	1 tablesp. chopped Parsley
420g (15oz) can Apricots	1/2 cup Dry White Wine
1 green Pepper Salt, Pepper	3 tablesp. uncooked Rice

Cut four squares of aluminium foil or transparent cooking film, about 25cm (10") square. Lightly grease the shiny side with Butter, to within 2cm of the edge. Cut Chicken into small serving pieces. Boil Rice in salted water for 5 minutes only, drain, and place 2 tablesp. Rice on centre of each piece of foil. Cover with Chicken pieces, slices of green Pepper, and drained Apricot halves. Sprinkle with chopped Parsley and Wine. Season with Salt and Pepper. Fold up foil to seal contents, making sure the seams and ends are facing upwards. Bake in moderate oven approx. 1 hour.

POLYNESIAN BAKED CHICKEN

1kg plus (2-3lbs) Chicken	1/2 Pineapple, cubed
cut in pieces	1/2 Pawpaw, cubed
1/2 cup Flour	Parsley, or strips of Green Pepper
1 teasp. Salt, & Pepper	120g (4oz) Butter
Sesame Seeds	1/2 cup Orange Juice
1/4 cup Brown Sugar	1 tablesp. Lemon Juice
1 desp. Cornflour	1 desp. Soy Sauce

Shake Chicken in plastic bag with Flour, Salt and Pepper. Melt Butter, grease ovenproof dish, brush remaining Butter over Chicken pieces. Bake until browned. Combine juices, Sugar, Soy, and Cornflour in saucepan, and bring to boil, stirring constantly. When thickened add fruit. Pour over Chicken, bake further 10 minutes. Serve garnished with chopped Parsley, or Green Pepper and Sesame Seeds.

PINEAPPLE CHICKEN

1kg plus (2-3lbs) Chicken	Few Cloves
Salt, Pepper	60g (2oz) Butter
Melted Butter	1/4 cup Honey
450g (15oz) tin Pineapple	1/2 cup Pineapple Juice, or Juice and Sherry
Slices, drained	Glace Cherries
1/4 cup Brown Sugar	

Prepare and truss Chicken. Sprinkle with Salt and Pepper. Brush with melted Butter and bake in foil in moderate oven approx. 1 hour. Remove foil from Chicken and decorate with Pineapple Rings, Cherries, and stud with Cloves.

Combine Butter and Honey, and brush over the Chicken and Pineapple. Pour over Pineapple juice and sprinkle with Sugar. Replace Chicken in oven, and bake further 1 hour, basting frequently. Chill, serve with salad.

CURRIED CHICKEN CASSEROLE WITH FRUIT & RICE

1 broiler-Fryer Chicken (about 3 lbs), cut up	
2 teasp. Salt (divided)	3 tablesp. Oil
1 large Onion, chopped (about 1 cup)	1 cup raw Rice
1/4 teasp. Pepper	1 to 2 teasp. Curry Powder
1 cup dried Apricots	2-1/2 cups boiling Chicken Broth
1 tablesp. Lemon Juice	1/2 cup Raisins

Sprinkle Chicken with 1 teasp. Salt; brown in hot Oil in large Dutch oven; remove. Saute Onion in pan drippings until tender. Add Rice, Curry Powder, remaining 1 teasp. Salt and the Pepper; cook and stir until rice is well coated with fat. Stir in Broth, Apricots, Raisins and Lemon Juice. Top with Chicken and cover with foil, then with lid. Bake in preheated 350deg. oven 45 minutes or until chicken and rice are tender. Makes 4 to 6 servings.

FOR MICROWAVE:

Brown salted Chicken in Oil in large skillet on top of range. Remove Chicken. Stir into pan drippings Onion, Rice, Curry Powder, the remaining 1 teasp. Salt, Pepper, ONLY 1 - 2-1/4 cups Chicken Broth, Apricots, Raisins and Lemon Juice; bring to boil. Turn into 3 quart Casserole, cover and cook 2 minutes. Stir well, top with Chicken, cover and cook in microwave oven 15 minutes or until Chicken and Rice are tender.

SALADS

ALOHA FRUIT DELIGHT

1 large Pineapple	1 Avocado
1 cup Strawberries	225 g. (8 oz) Cream Cheese
1 large Orange	Chopped Walnuts
1 small Pawpaw	Lemon-Honey Dressing

Halve Pineapple lengthwise. Cut around edge with knife and remove pulp. Remove core. Slice fruit, save shells. Wash Strawberries. Pare and section Orange, cut Pawpaw in halves and remove seeds. Remove skin and slice. Peel and slice Banana, cut Avocado in halves and remove skin and seed, and slice. Combine all fruits and heap into Pineapple shells. Shape Cheese in balls and roll in Walnuts. Arrange on serving plate with Pineapple. Serve with Lemon-Honey dressing.

Dressing

Combine 1 teasp. grated Lemon Rind, 1/3 cup Lemon Juice, 1/4 cup Honey, 3/4 cup Salad Oil, 1/4 teasp. Salt. Place in covered jar, and shake well to blend.

AVOCADO EXOTICA

3 Avocados	280ml. Apricot Puree
2 Mandarins	Shredded Almonds
2 Bananas	Maraschino Cherries
15ml. (1 oz) Brandy	Whipped Cream
1 teasp. Curacao	

Cut Avocados in halves lengthwise, remove seeds and flesh without damaging the spine. Peel Mandarins, remove all pith and divide into segments. Cut Bananas and Avocados into dice, steep with Sugar, Brandy and Curacao, and chill. Blend together with Apricot Puree and fill Avocado shells. Pipe with whipped Cream, decorate with Cherries, and sprinkle with Almonds.

AVOCADO PEAR TROPICANA

3 ripe Avocados	1 small white Onion
2 hard boiled Eggs	3/4 cup Vinaigrette
2 Capsicum (1 red, 1 green)	

Halve and remove stone from Avocados, wipe with sliced piece of lemon to stop fruit from darkening. Separate the yolks from whites of Eggs, and chop finely. Chop Capsicums and Onion. Combine ingredients in bowl and add Vinaigrette. Season and blend well. Pile in centre of Avocado and serve chilled.

AVOCADO SALAD

1 ripe Avocado	6 Cocktail Onions
120g. (1/4lb) Prawns	Lemon Wedges
1 small can Button Mushrooms	Parsley

French Dressing 1 Cucumber, sliced

Shell Prawns, slice Mushrooms. Combine in bowl, sprinkle with a little French Dressing. Cut Avocado in half, remove stone, brush cut surfaces with dressing.

Pile mushrooms and Prawns into centre of Avocado halves, arrange on individual serving plates with remaining ingredients.

TROPICAL ISLAND SPECIAL

3 teasp. Gelatine	1 teasp. Salt
3 tablesp. hot Water	1 teasp. Onion Juice
150ml (1/4 pint) cold Water	150ml. (1/4 pint) whipped Cream
2 cups mashed Avocado	150ml. (1/4 pint) Mayonnaise

Dissolve Gelatine in hot water, add cold water. Mix Cream with Mayonnaise, add Gelatine, stirring to blend well. Stir in Avocado, Salt and Onion juice. Place in wet ring mould. When set, turn on to plate and serve garnished with Tomato wedges sprinkled with French Dressing.

ASPARAGUS SALAD

Lettuce Leaves, washed and chilled.	1/4 cup sliced Radishes
280g. (10oz) can Asparagus Spears	French Dressing
2 hard-boiled Eggs, quartered	Parsley
	2 Tomatoes, cut into wedges.

Place lettuce leaves on platter. Arrange Asparagus, Egg, Tomato wedges and Radishes on Lettuce. Garnish with Parsley, and chill. Serve with Dressing.

SNOWCAP BEETROOT

Topping	
2 teasp. Gelatine	3/4 cup Mayonnaise
120ml (1/4 pt.) hot Water	120g. (4 oz.) Cream Cheese

Dissolve Gelatine in hot water. Gradually add Mayonnaise to softened Cream Cheese, mixing well until smooth. Stir in Gelatine, pour into deep mould, chill until set.

Base:	
3 teasp. Gelatine	420g. (15oz.) can Beetroot
Water	Salt, Pepper
2 tablesp. Vinegar	1 teasp. Sugar

Drain Beetroot juice from can, make up to 1-1/2 cups with water. Heat and stir in Gelatine until dissolved. Add Vinegar, Salt, Pepper and Sugar. Arrange Beetroot strips on topping, and carefully spoon thickening juice over Beetroot. Chill until set. Unmould on Lettuce leaves.

BANANA WALDORF SALAD

1 large red Apple unpeeled	2 medium sized Bananas
	crisp Salad greens

1/2 cup Celery
1/4 cup Mayonnaise

1/2 cup Walnut halves

Dice Apple into bite-size pieces and toss with Celery and Mayonnaise. Peel Bananas and cut into slices. Add to Apple mixture and toss lightly. Arrange Salad greens on platter, and top with Banana, Apple and Celery Salad. Garnish with Nuts.

CURRIED CHICKEN SALAD

1kg plus (2-3lbs) Chicken
steamed

420g (15oz) can Whole Mushrooms

1 Lettuce

1 Cucumber

1 Red Pepper

280g (10-1/2oz) can Asparagus Tips

1/2 cup Curry Powder

1/2 cup French Dressing

Bone Chicken, cut meat into small serving-sized pieces. Drain Mushrooms and Asparagus. Wash Lettuce, dry well. Cut Cucumber in half lengthwise, cut into slices. Cut Pepper in thin strips. Combine Chicken pieces with all vegetables except Lettuce. Combine French Dressing and Curry Powder, pour over salad, toss lightly. Arrange salad over Lettuce in salad bowl.

TURKISH CUCUMBER SALAD

4 Cucumbers, peeled

1/2 teasp. Salt

1 cup Yoghurt

1 tablesp. chopped Mint

1/2 teasp. dried Dill (if available)

1 desp. Wine Vinegar

1 clove Garlic, crushed

1-1/2 tablesp. Olive or Salad Oil

Cut Cucumbers into thin slices and place in small bowl. Sprinkle with Salt, Garlic, and Vinegar. Stand 10 minutes then drain, reserving liquid. Place Yoghurt and Dill in salad bowl and add liquid from Cucumbers. Stir until smoothly blended. Add Cucumbers. Toss gently until Cucumbers are evenly coated with dressing. Sprinkle with Oil, garnish with chopped Mint.

CUCUMBER AND CHIVE SALAD

1 Cucumber

1/4 teasp. Salt

2 tablesp. Salad Dressing

2 tablesp. Cream

1 tablesp. chopped Chives

Peel Cucumber and slice thinly. Sprinkle with Salt. Allow to stand 1/2 hour. Pour off liquid. Arrange Cucumber in shallow dish. Combine Salad Dressing and Cream, and pour over Cucumber. Sprinkle with Chives. Chill. (Spring Onions may be substituted if Chives unavailable).

CARROT SALAD

2 cups Carrots
cooked and sliced

1 cup Celery, sliced

1/4 cup chopped Spring Onions

1/4 cup chopped Gherkins

Salt, Pepper

2 tablesp. Salad Dressing

Combine Carrots, Celery, Onions, and Gherkins. Season to taste. Pour over dressing, toss lightly. Chill before serving.

CRAB SALAD

450g (1 lb) Crab Meat

Lettuce Leaves

Sauce

2 hardboiled Eggs

2 tablesp. finely chopped Gherkins

1 teasp. dry Mustard

3/4 cup Mayonnaise

2 tablesp. Capers

1/4 cup Sour Cream

Push Eggs through sieve, combine with Mustard. Gradually add Mayonnaise, then Sour Cream, and blend well until smooth. Stir in Gherkins and Capers. Arrange Crab Meat on bed of Lettuce, and spoon sauce over.

EGGPLANT SALAD

1 large Eggplant

2/3 cup French Dressing

1 teasp. Salt

1 clove Garlic

1 Red Pepper

pinch Thyme

1 Onion

Pepper

1 Bayleaf

Cut washed, unpeeled Eggplant into cubes, sprinkle with Salt. Allow to stand 1/2 hour, drain. Remove seeds from Pepper and cut into wide strips. Slice Onion thickly. Place vegetables and Bayleaf into Casserole. Mix together Dressing, crushed Garlic, and Thyme. Pour over vegetables. Cook in moderate oven 15-20 minutes, or until tender. Sprinkle with Pepper, cool, and refrigerate before serving.

SALAD MANGO

Slice almost ripe Mangos with any salad ingredients. Serve with Beetroot, Onions and Tomatoes. Season with Salt and Pepper, and sprinkle with Vinegar.

RED PEPPER SLAW

2 Red Peppers

1 tablesp. Sugar

3 cups shredded Cabbage

1 tablesp. Vinegar

4 Spring Onions

1 tablesp. Oil

2 tablesp. chopped Parsley

Salt & Pepper

Cut a slice from the top of Peppers and remove seeds. Chop Peppers finely and place in bowl. Add shredded Cabbage, chopped Onions and Parsley. Mix well. Just before serving, mix with Sugar, Vinegar, Oil, Vegetables, and toss lightly.

POTATO SALAD

2.5kg (5lb) Potatoes

1 cup sliced Shallots

1/2 cup Yoghurt

1 cup Mayonnaise

1/4 cup prepared Mustard

1 teasp. Salt

2 cups sliced Celery

1/2 cup chopped Capsicum

1/2 cup chopped Gherkins

Cook Potatoes in boiling water until tender, drain, peel and cut into dices. Add Shallots and Yoghurt, toss to coat, cover and chill for 1 hour.

Combine Mayonnaise, Mustard and Salt, pour over Potatoes and toss to coat. Lightly mix in the Celery, Capsicum and Gherkins. Chill and serve.

CLASSIC POTATO SALAD

3 cups cooked Potatoes	1 desp. chopped Parsley
2 tablesp. chopped Spring Onions OR Chives	2 tablesp. Mayonnaise
	Salt, Pepper

Combine all vegetables, season to taste with Salt and Pepper. Pour over Mayonnaise, toss lightly, and chill. Serve in Lettuce lined salad bowl.

POTATO AND HAM SALAD

2 cups diced, cooked Potatoes	
2 cups diced Ham	1 teasp. Salt
1/2 cup cooked Peas	1/4 teasp. Pepper
1/2 cup chopped Spring Onions	1/2 cup Mayonnaise
Lettuce Leaves, washed and chilled	1/4 cup chopped Gherkins

Combine Potato, Ham, Peas, Spring Onions and Gherkins, Salt and Pepper. Pour over the Mayonnaise, and toss lightly. Chill. Serve in Lettuce lined salad bowl.

HOT POTATO SALAD

1.5kg (3 lbs) Potatoes
Salt, Pepper
1 tablesp. Sugar
1 Red Pepper
1/4 cup Vinegar
2 teasp. Flour
8 Shallots
1/2 cup Water
2 medium Onions
1-4 Rashers of Bacon
1/2 cup Mayonnaise

Peel and dice Potatoes. Cook in boiling salted water until just tender; drain. Add chopped Shallots and Pepper cut into strips. Chop Bacon and Onions, saute until soft, not brown. Combine Flour, Sugar, Salt, Pepper, Vinegar and Water in bowl, add to Bacon and Onion in pan. Bring to boil, stirring. Stir until thickened. Remove from heat, stir in Mayonnaise, blend well. Pour over salad, toss lightly together.

PRAWN AND PINEAPPLE SALAD

450g. (15oz) can Sliced Pineapple	
1 kg. (2lbs) Prawns	Salt, Pepper
1/2 cup Mayonnaise	Lettuce Leaves
2 teasp. Lemon Juice	2 Shallots, chopped

Drain Pineapple slices. Combine Prawns, Mayonnaise, Lemon Juice, Salt and Pepper. On large platter, arrange Lettuce. Around edge arrange halved Pineapple slices. In centre, place Prawns. Garnish with chopped Shallots.

PRAWN AND RICE SALAD

450g. (1 lb) shelled Prawns	1 Red Pepper
180g. (6oz) Frozen Peas	
225g. (1/2 lb) long grained Rice	4 tablesp. French Dressing

Boil Rice, drain; Prepare Prawns; Peas; dice Red Pepper. Combine all ingredients in bowl, add Dressing, toss lightly.

ORIENTAL PRAWN SALAD

450g. (1 lb) Prawns	1 teasp. Curry Powder
Lettuce	3 cups cooked Rice
1 cup Pineapple Pieces	3/4 cup Sultanas
1 cup Tomato Puree	3/4 cup Cashew Nuts
1/2 cup Cottage Cheese or Yoghurt	1/4 cup diced Spring Onions
1/2 cup cooked Ham Strips	

Shell Prawns. Combine Rice, Sultanas, Nuts, Onions, Ham, Curry, and Pineapple. Mix Tomato Puree and Cottage Cheese together, and spoon over mixture. Add Prawns and toss lightly. Chill 1 hour before serving in Lettuce Leaves.

RICE SALAD

3 cups cooked Rice	1/4 cup chopped Green Pepper
1 cup Sweet Corn	1/4 cup sliced, stuffed Olives
1/2 cup diced Celery	60g. (2oz) can Anchovy Fillets
2 tablesp. French Dressing	Pinch of Pepper

Combine all ingredients, and add Dressing. Toss lightly.

TOMATO SALAD

6 medium sized Tomatoes Salt, Pepper
1 large Cucumber Chopped Parsley to garnish

Dressing

6 tablesp. Oil	Salt, Pepper
1 clove Garlic, crushed	3 tablesp. Vinegar
1 tablesp. chopped Parsley	

Lunge Tomatoes into boiling water for 10 seconds, then transfer immediately to bowl of iced water. Peel skin off, and cut slice from stem end, and scoop out seeds. Invert Tomatoes on plate and drain. Peel Cucumber thinly, halve lengthwise, and scoop out seeds. Discard seeds. Dice Cucumber, put into bowl, sprinkle with dressing and marinate 1 hour. Season inside of Tomatoes with Salt and Pepper, then fill with diced Cucumber. Garnish with chopped Parsley.

Dressing

Place all ingredients in bowl, and beat well.

Variations

Prepare Salad as above using chopped Mint in place of Parsley in dressing and garnish.

Drain 450g. (15oz) tin Asparagus Tips and marinate 1 hour in dressing.
Pile into peeled, drained Tomatoes.

WHITSUNDAY COLESLAW

6 cups finely shredded Cabbage (about 1 kg)	1 unpeeled red Apple, diced
1 cup sliced Radishes	300g (10oz) can Whole Kernel Corn
2 tablesp. Dry White Wine, or White Vinegar	1 small white Onion finely sliced
	1/2 green Capsicum, chopped
	1 level teasp. Sugar

Combine all ingredients in salad bowl, chill, and add dressing.

Dressing

1 tablesp. Oil	1/4 teasp. Pepper
2 tablesp. Lemon Juice	1/2 teasp. Mustard
1/2 teasp. Salt	1 tablesp. chopped Mint

Combine all ingredients in shaker, or screw-top jar, and shake until thick.

ZUCCHINI AND ASPARAGUS SALAD

6 Zucchini	Lettuce Leaves
boiling salted Water	2 tablesp. chopped Parsley
4 Shallots	1/2 cup French Dressing
450g (15oz) can Asparagus Spears	Salt, Pepper

Wash Zucchini, remove ends. Cut in half lengthwise, then cut each half into three strips. Drop into boiling salted Water, boil 3 minutes. Drain. Chop Shallots. Tear crisp Lettuce leaves into pieces and arrange on base of salad bowl. Arrange Zucchini and drained Asparagus Cuts over Lettuce. Combine chopped Parsley and Shallots, Dressing, Salt and Pepper in separate bowl. Pour over salad.

SANDWICHES

GRILLED BANANA & HAM SANDWICH

Toast bread lightly, and on each slice place 1 slice of Ham (and Mustard, if liked). Top with Banana slices. Grill until Banana is soft.

FILLINGS

HAM & TOMATO

Mix together a slice of ham finely chopped, with a skinned and finely chopped tomato and 60g or 2oz butter. Season with salt and pepper. This fills 2 sandwiches.

HARD BOILED EGG

Add finely chopped hard-boiled Egg to 30g (1oz) softened butter and mix well. Stir in a tablespoon mayonnaise, season with salt and pepper. This fills three sandwiches, but is not suitable for freezing.

COTTAGE CHEESE & CHIVES

60g (2oz) Butter with 125g Cottage Cheese, add a teasp. of chopped fresh Chives and mix in. Chill before using. Fills 4 sandwiches.

CORNED BEEF AND CHUTNEY

Beat together 60g softened Butter and add 250g (8oz) chopped corned beef. Add 2 tablesp. chutney and season with salt and pepper, mix well. Spread bread with butter and mustard and then the corned beef filling. For 4 to 6 sandwiches.

TUNA AND TOMATO

Mix together 200g can sandwich Tuna with 2 teasp. Vinegar, 2 tablesp. Tomato Sauce, and 2 Tomatoes skinned and finely chopped. Add salt and pepper and combine with 60g softened Butter. Fills 6 sandwiches.

CHICKEN

Mix together 125g cooked Chicken, 1 slice Ham finely chopped, and pinch of Paprika. Beat in 60g softened Butter, then add 2 tablesp. Mayonnaise. Season with Salt and Pepper. Fills 4 sandwiches.

SAUCES

AVOCADO SAUCE

1 ripe Avocado
Salt, Pepper

1 desp. Lemon Juice
1/2 cup (approx.) Oil

Scoop flesh from Avocado, and mash to pulp. Push through fine sieve. Add Salt, Pepper, Lemon Juice. Add enough Oil to mix to a Mayonnaise-like consistency. Push through sieve again, or puree in electric blender.

NOTE: Do not make sauce more than 1 hour in advance as it will discolour.
SERVE with Fillet of Beef.

BRANDY SAUCE

1 x 225g (8oz) can Reduced Cream
2 teasp. Lemon Juice

1 tablesp. Brandy
3 tablesp. Icing Sugar

Combine Reduced Cream with Brandy, Lemon Juice and Icing Sugar in a bowl. Beat until thick, Chill, Serve over fruit puddings.

LEMON CHEESE

Juice 2 Lemons
1 cup Sugar

60g (2oz) Butter
2 Eggs

Beat Eggs, add other ingredients and stir over low heat until thick like honey.

PASSIONFRUIT BUTTER

120g (4oz) Butter
1 cup Sugar

Pulp 12 Passionfruit
1 tablesp. Lemon Juice

2 Eggs

Put Butter and Sugar in top part of double saucepan, and melt slowly. Beat Eggs, add Passionfruit, and add to Butter and Sugar. Heat slowly over simmering water, stirring until consistency of honey. Remove from heat, and when nearly cold add Lemon Juice. Pour mixture in hot sterilised jar, and seal.

SEAFOOD SAUCE

1 x 225g (8oz) can Reduced Cream
1 tablesp. Worcestershire Sauce
1 teasp. Chilli Sauce

1 cup Tomato Sauce
2 teasp. Lemon Juice

Combine Reduced Cream with Tomato Sauce, Worcestershire Sauce, Chilli Sauce and Lemon Juice in a bowl. Mix well. Chill.

SAUCE FOR DUNKED PRAWNS

Combine in saucepan 1/2 cup White Vinegar, 1 tablesp. Butter, 1/2 teasp. Salt, 1 tablesp. Mustard, 1 tablesp. Sugar, 1 teasp. Tomato Sauce, 1 beaten Egg. Cook over low heat until sauce thickens.

SAUCE FOR PRAWNS

5 tablesp. Peanut Butter	1 desp. Brown Sugar
1 clove Garlic	1 tablesp. Lemon Juice
1 cup Coconut Milk	pinch Salt

(make by boiling 1 cup Water, & 1/4 cup Coconut. Let stand 15 minutes, strain)

Combine in saucepan Peanut Butter, crushed Garlic, Brown Sugar, Coconut Milk, Lemon Juice, and Salt. Bring to boil, reduce heat, simmer 2 minutes.

CURRY SAUCE FOR RICE

30g (1oz) Butter	2 cups Milk
1 sliced Onion	180g (6oz) Shredded Cheese
1 tablesp. Red Pepper Chopped	2 teasp. Lemon Juice
1 teasp. Salt	1/4 cup Flour
1/4 teasp. Pepper	2 teasp. Curry Powder

Melt Butter in pan, fry Onion and Red Pepper for 5 minutes. Add Flour and Curry Powder, cook few minutes longer. Stir in Milk gradually, and bring to boil. Add Cheese, Lemon Juice, Salt and Pepper. Stir until Cheese melts. Just before serving, place quartered Eggs on Rice, and pour sauce over.

AMERICAN BARBECUE SAUCE

1 large Onion, finely chopped	1 clove Garlic (crushed)
2 tablesp. Safflower or Maize Oil	2 tablesp. Cornflour
1/2 cup chopped Raisins or Sultanas	1 cup Tomato Puree or juice
1 tablesp. Worcestershire Sauce	3 tablesp. Tomato Chutney
	Salt and Pepper

Fry the Onion and Garlic in the heated Oil until lightly browned. Sprinkle the Cornflour over and stir well. Add all other ingredients to the saucepan, using Salt and Pepper to taste; simmer over a low flame for 30-35 minutes, stirring occasionally. Brush over the meat whilst cooking and serve with the meat.

BARBECUE SAUCE

1 x 225g (8oz) can Reduced Cream	
1-1/2 cups Tomato Sauce	2 teasp. Vinegar
1 finely chopped Onion	Pepper & Paprika

Combine Reduced Cream with Tomato Sauce and Vinegar in a bowl. Add Onion and season to taste with Pepper and Paprika. Mix well.

SWEET AND SOUR SAUCE - for CHINESE COOKING

2 slices Pineapple	1/2 cup Chinese mixed Pickles
2 tablesp. Vinegar	1-1/4 tablesp. Sugar
1/2 tablesp. Tomato Sauce	1 desp. Cornflour
1 teasp. Soya Sauce	1 teasp. Brandy or Dry Sherry
1/4 cup finely chopped Shallots	1/2 teasp. finely grated Green Ginger

Cut Pineapple into triangles and finely chop the Pickles. Fry Ginger together with Pineapple and Pickles with just the slightest touch of Oil. Mix rest of ingredients together in bowl until smooth mixture is obtained, then add 1-1/2 cups Water. Add mixture to the pan and stir continually until thickened. Water can be added to the sauce if too thick. Finally add Shallots to the piping hot sauce just before serving.

SWEET AND SOUR SAUCE - MADE EASY

2 teasp. Cornflour	4 teasp. Soy Sauce
1 cup Vinegar	1 cup Sugar
1-1/2 cups Chicken Stock (can be made with Cubes)	
4 slices tinned Pineapple, cut in quarters	
2 green Peppers (which have had hot seeds removed and have been boiled until tender and cut into quarters)	

Stir together above ingredients. Heat mixture over moderate heat with frequent stirring. When thoroughly hot, drop in tinned Pineapple, together with green Peppers. Keep over flame until Pineapple and Peppers take on the heat.

Thin slices of slightly boiled carrot can be added if serving with fish. If not wanted to serve immediately, the sauce can be set aside and heated again at the last minute.

SPICY TOMATO SAUCE

400g Cooking Apples, peeled, cored and chopped	
2 kg cooking Tomatoes	1-1/2 cups Sugar
1/2 teasp. ground Cloves	1/2 teasp. Ginger
1/2 teasp. Allspice	1 teasp. Salt
2 Brown Onions	1 clove Garlic
1 tablesp. Butter	1/4 teasp. Cayenne Pepper

Peel and chop Onions, crush Garlic and saute in Butter until soft. Peel Tomatoes by placing in boiling water for a few seconds to remove skins, then chop. Add Tomatoes to Onion and Garlic with rest of ingredients, simmer for 1-1/2 hours in covered pan. Then either puree sauce in blender, or sieve, and return to pan and simmer, uncovered for about half an hour or till mixture thickens.

NOTE: Fresh Parsley or Basil may be blended through sauce before serving.

SPANISH TOMATO SAUCE

2 cups Tomato Puree or Juice	2 tablesp. Mined Onion
2 cloves Garlic, crushed	2 Bayleaves
2 teasp. Sugar	1 small finely chopped Green Pepper
	2 tablesp. Cornflour

1/4 cup Water

Salt and Pepper

Simmer the Tomato Puree with the Onion, Bayleaves, Garlic, Green Pepper and Sugar for 25-30 minutes - strain. Blend the Cornflour with the water. Add to the sauce and stir over a low flame until the sauce boils and thickens. Season to taste with Salt and Pepper and simmer one minute longer. Serve Over: Grilled Fish Steads - Fried Pork Chops - Crumbed Sausages.

TARTARE SAUCE

1 x 225g (8oz) can Reduced Cream

1 cup Mayonnaise

1 tablesp. Shallots

2 chopped Gherkins

1 tablesp. chopped Parsley

2 teasp. chopped Capers

2 teasp. Lemon Juice

Combine Reduced Cream with Mayonnaise in a bowl. Add Parsley and Shallots, Capers, Gherkins and Lemon Juice. Mix well. Chill. Serve with fish.

CRAB CHOWDER

570ml (1 pint) Fish or Chicken Stock	1 large Potato
225g (8oz) can Crab Meat	1-1/2 tablesp. Flour
280ml (1/2 pint) Milk	1 teasp. Worcestershire Sauce
Salt, Pepper	15g (1/2oz) Butter
280ml (1/2 pint) Cream	1 large Onion, chopped
90g (3oz) grated Cheese	60g (2oz) Bacon
	Chopped Parsley

Combine in saucepan the stock, juice from can of Crab, and Milk. Bring to boil, remove from heat. Melt Butter in separate saucepan, add Onion and chopped Bacon. Brown lightly. Stir in Flour, cook 1 minute. Gradually add hot stock, bring to boil, stirring; simmer 5 minutes. Add Potato cut into small cubes, cover and simmer further 20 minutes. Season with Sauce, Salt, and Pepper. Add Crab meat, flaked into pieces. Just before serving, pour in Cream, heat through gently. Top each serving with grated Cheese and Parsley.

CRAB AND CHIVE SOUFFLE

4 Eggs	1 cup Milk
120g (4oz) Butter	225g (8oz) Crab Meat
4 tablesp. plain Flour	1/2 cup chopped Chives or Shallots (including green tops)
1 teasp. Salt	1/4 teasp. Mustard

Separate Eggs, allow to stand while preparing Sauce. Melt Butter in top part of double saucepan over hot water; remove from heat, stir in Flour and Seasonings, stirring until smooth and free from lumps. Stir in Milk at once, and return to heat. Stir over hot water until smooth and thick. Remove from heat and stir in Crab and Chives. Beat Egg yolks until pale and fluffy, gradually stir into Crab mixture. Beat Egg whites until stiff, gradually add to Crab mixture. Pour carefully into souffle dish, and bake in moderate oven 40 minutes.

FISH FILLETS - BAKED

725g (1-1/2 lbs) fresh Reef Fish Fillets	2 medium Tomatoes
1 cup Tomato Puree	Salt, Pepper
1/2 cup Breadcrumbs	1 tablesp. chopped Parsley
1/2 cup grated Cheese	1 large Onion

Wash, skin and bone Fish. Place in greased ovenproof dish. Season well with Salt, Pepper, and sprinkle with Parsley. Place slices Onion, then slices of Tomato over the top. Season again. Pour Puree over, sprinkle with Breadcrumbs and grated Cheese. Bake in hot oven until tender (approx. 30 minutes)

TO SOUSE FISH

1 large Onion	2 teasp. Salt
1 cup Boiling Water	2 lb. Fish
2 tablesp. Olive Oil	1/4 cup Vinegar

1 teasp. Allspice
 1 teasp. Coriander Seedsay
 Pepper

1 small red Chilli
 Few Bay Leaves

Slice Onion very thinly and sprinkle with a little of the salt over the slices. Add the boiling water and leave for a few minutes, then drain. Steam the Fish or simmer gently for 10 to 15 minutes. Cut into suitable pieces for serving.

Put in layers in a casserole with the Onion, Oil, Vinegar, Spices, Salt and Pepper, and chopped Chilli in between. Allow to stand for 1 to 2 hours. Cover Casserole and place in an oven pan containing a little water. Steam this way for 20 minutes in a slow oven. When cold serve with salad.

FISH AND PUMPKIN PIE

450g (1 lb) Fish Fillets
 1 medium Onion
 1 desp. Lemon Juice

Salt, Pepper
 450g (1 lb) cooked, mashed Pumpkin

Arrange Fish Fillets in deep pie plate, sprinkle with Salt, Pepper and Lemon Juice. Scatter chopped Onion on top. Cover, bake in moderate oven 30 minutes. Spread mashed Pumpkin over Fish, dot with Butter, and bake further 10 minutes.

FISH BEER BATTER

1 cup S.R. Flour 1 Egg pinch Salt 1/2 cup Beer

Sift Flour and Salt. Stir in beaten Egg and Beer until smooth.

FISH AMANDINE

450g (1 lb) Fish Fillets
 1 clove Garlic, crushed
 Almonds
 1/2 cup Dry White Wine

1 small Onion, chopped
 2 desp. Flour
 Salt, Pepper
 3 tablesp. Butter

1 Lemon
 1 cup Blanched

Wash Fish in Lemon Juice and water. Dry well. Dust lightly with seasoned Flour. Heat 2 tablesp. Butter in pan and brown Fish on both sides. Arrange on serving dish. Add Onions and shredded Almonds to pan and brown slowly. Scatter over Fish. Add remaining Butter and White Wine to pan and cook 1 minute. Pour over Fish.

BAKED FISH WITH MUSHROOM SAUCE

725g (1-1/2 lb) Reef Fillets
 1 teasp. Meat Extract
 1 teasp. Tomato Paste
 1 teasp. Cornflour
 30g (1 oz) Butter
 Salt, Pepper
 1 Bayleaf

1/2 cup Dry White Wine
 1/2 cup Water
 120g (4oz) Mushrooms
 Lemon Juice
 1 clove Garlic
 1 small Onion

Place Fish in greased baking dish. Season with Salt, Pepper, and Bayleaf. Pour Wine and Water over Fish. Top with half the Mushrooms cut in slices. Cover and bake in moderate oven 20 minutes.

Melt Butter in small pan, add chopped Onion and Garlic. Cook 2 minutes. Stir in Meat Extract, remainder of Mushrooms, Tomato Paste, and blended Cornflour. Stir until smooth. Strain into pan a cup of stock from Fish, and bring to boil. Arrange Fish on serving dish, cover with Sauce. Serve with steamed Potatoes tossed in chopped Parsley.

SALMON SOUFFLE

3 tablesp. Butter	3 tablesp. Flour
1 cup Evaporated Milk	1/2 cup Water
1/4 teasp. Salt	4 Eggs, separated
500g (1 lb) Salmon, flaked	

Melt Butter and blend with Flour; add Milk, Water and Salt. Cook until thickened, stirring constantly. Pour slowly over well beaten Egg yolks. Add Salmon. Fold in stiffly beaten Egg whites. Pour into buttered baking dish, place in pan of hot water and bake in moderate oven 45 to 50 minutes. Serves 6.

SWEET LIP MORNAY

450g (1 lb) fresh Fish Fillets	225g (1/2 lb) Prawns
1/2 cup grated Cheese	1 cup Milk
2 tablesp. Flour	1 cup Water
Salt, Pepper	1 small Onion
2 tablesp. Breadcrumbs	1 Bayleaf
30g (1oz) Butter, extra	45g (1-1/2oz) Butter

Remove bones and skin from Fish. Combine Milk, Water, Bayleaf and half the chopped Onion. Poach the Fish in this liquid until tender. Drain, reserving liquid. Flake Fish, remove Bayleaf from liquid. Combine Fish and peeled Prawns. Melt Butter in saucepan, saute remaining Onion 1 minute. Stir in Flour, cook 1 minute. Gradually add reserved liquid stir until sauce thickens. Season to taste.

Stir in Cheese leaving approx. 2 tablesp. for topping. Fold in Fish Mixture, spoon into greased ovenproof dish. Sprinkle with mixture of Breadcrumbs and remaining Cheese. Dot with Butter, brown under hot griller or in a hot oven. Serve with Rice.

(Salmon may be substituted for Fish and Prawns. Use 450g (16oz) tin Salmon with 1 teasp. Lemon Juice.)

CURRIED FISH

1 kg (2lbs) Fish Fillets	1 teasp. Turmuric
juice 1 Lemon	2 teasp. Curry Powder
Salt, Pepper	Oil for Frying

Sprinkle both sides of Fish with Lemon Juice, Salt, and Pepper. Place in dish with remaining Lemon Juice. Allow to stand for 5 minutes, then

sprinkle with Turmeric and Curry Powder. Move Fish around in this mixture to coat well. Fry in hot, deep Oil. Serve with Fried Rice.

SAVOURY PUFFS

Oysters, Crab, Flaked Fish cooked Chicken, Tuna or Sweet Corn
Qty Choux Pastry (or 18 small Puffs)
Salt, Pepper 30g. (1oz) Flour
30g (1oz) Butter 150ml (1/4 pint) Milk

Prepare Pastry as small puffs, bake until dry and crisp. Melt Butter, add Flour, cook 1 minute. Add Milk and stir until thickened. Cool. Add any one of the main ingredients listed, season as required. Fill savoury cases, and serve hot.

CORAL ISLAND PARROT FISH

1 kg (2 lbs) Fish Fillets 2 Tomatoes, diced coarsely
560ml (1 pint) Cream 40g (1oz) Coconut
140ml (1/4 pint) Sauterne juice 1/2 Lemon
2 Bananas, sliced 4 Egg yolks
2 dozen Oysters Salt, Pepper

Divide Fish into portions and poach in the Wine and Cream. When cooked, remove Fish and keep hot. Add sliced Bananas, diced Tomatoes, Oysters, and Coconut. Bring to boil for 1 minute. Remove from heat, and add Egg yolks. Stir until sauce has thickened. Add Lemon juice, Salt and Pepper. Pour over Fish in serving dish.

SCALLOPS IN CREAM SAUCE

180g (1-1/2 lbs) Scallops 1 teasp. Curry Powder
1-1/2 cups Dry White Wine 2 teasp. chopped Parsley
60g (2oz) Butter Salt, Pepper
120g (4oz) Mushrooms 3/4 cup Cream
6 Shallots fresh Breadcrumbs
2 tablesp. Flour extra Butter

Bring Wine to boil in saucepan, drop in Scallops; reduce heat, simmer 3 minutes. Set aside, reserving liquid. Melt Butter in separate saucepan. Add chopped shallots and sliced Mushrooms, saute 5 minutes. Add Parsley, Salt and Pepper. Remove from heat, stir in combined Curry Powder and Flour. Cook a few minutes. Off heat, gradually add 1-1/2 cups of the liquid in which Scallops were cooked. Return to heat, stir sauce until it boils and thickens. Add Scallops and Cream to pan. Spoon in individual dishes. Melt a little Butter in saucepan, add Breadcrumbs, saute 1 minute. Sprinkle Breadcrumbs over filled dishes, and brown in moderate oven 5-8 minutes, or under hot griller.

SCALLOPS SUPREME

2 dozen Scallops 4 cloves Garlic
2 Spring Onions Salt, Pepper
juice 1/2 Lemon plain Flour
1 tablesp. chopped Parsley 30g (1oz) Butter
2 tablesp. fresh White 1 tablesp. Oil

Breadcrumbs

Wash Scallops, dry thoroughly, season with Salt and Pepper. Coat lightly with Flour. Heat Butter and Oil in pan, add Scallops and cook 2 minutes. Add Onions and Garlic, both finely chopped, cook further 2 minutes. Add Lemon Juice and chopped Parsley. Remove from heat and arrange on flameproof serving platter, and sprinkle Scallops with Breadcrumbs. Place under griller until golden brown.

FRIED OYSTERS WITH PARSLEY

2 dozen Oysters	Breadcrumbs
1 Egg	seasoned Flour
1 desp. Milk	Oil for frying
Parsley Sprigs	

Beat Egg with Milk. Dip Oysters in seasoned Flour, Egg mixture, then in Breadcrumbs. Drop into hot Oil and cook for a few minutes. Garnish with Fried Parsley, and serve with Tartare Sauce.

Fried Parsley:

Place Parsley springs in frying basket, lower slowly into hot Oil. When sizzling noise ceases, remove basket and drain Parsley on paper. Do not cook too long, or Parsley will lose its colour.

SEAFOOD SPAGHETTI

450g (1 lb) Spaghetti, cooked	
1 dozen Oysters	1 clove Garlic
450g (1 lb) Scallops	2 tablesp. chopped Parsley
60g (2oz) Butter	6 large Tomatoes
450g (1 lb) Prawns, shelled	Salt, Pepper

Melt Butter in saucepan, add crushed Garlic, Parsley, and peeled, chopped Tomatoes. Simmer until mixture is well blended and soft. Mix in Oysters, shelled Prawns, and Scallops, and cook gently 5 to 7 minutes. Season to taste. Drain hot Spaghetti, and stir sauce through.

OYSTER AND BEEFSTEAK PIE

1 dozen Oysters	2 Onions, chopped
Water	1 kg (2 lbs) Beefsteak
570ml (1 pint) Stock or Flour for coating	
Butter for browning	1 Bayleaf
Salt, Pepper	Egg for glazing
Puff or Flaky Pastry for 20cm (8") Pie Plate	

Cut meat into squares, dip in Flour, saute in hot Butter until lightly browned. Remove from pan. Add chopped Onion, saute until browned. Return Meat to pan with stock and Bayleaf; add Salt and Pepper. Cook over low heat until tender. Place layer of meat in casserole, top with some Oysters, then continue layers until meat is used. Roll out Pastry to fit top of dish, glaze with beaten Egg. Bake approx. 30 minutes until top is brown and crisp.

RAGOUT OF OCTOPUS

675g (1-1/2 lbs) Octopus	Pinch dried Thyme
Boiling Water	Salt, Pepper
90g (3oz) Butter	Dry Red Wine
3 large Onions	2 tablesp. Tomato Paste
1 clove Garlic	Chopped Parsley

Clean Octopus by turning inside out and removing black from suckers on base of tentacles and ink sac. Wash well, beat gently with steak mallet. Cut into even-sized strips; place in boiling water for 3 minutes. Drain. Melt Butter in saucepan, add peeled and chopped Onions and crushed Garlic, and cook gently until transparent. Add Octopus, cook further 5 minutes. Add Thyme, Salt, Pepper and Tomato Paste. Lastly add enough Red Wine to cover. Cover, and simmer gently approx. 1-1/1 hours. Sprinkle with Parsley and serve with hot Rice.

PRAWNS NEWBURG

4 tablesp.. Butter	450g (1 lb) shelled Prawns
4 tablesp. Flour	1 Shallot
Salt, Pepper	1/2 desp. Paprika
2 cups Milk	1/4 cup Sherry
60g (2oz) Butter, extra	2 Egg yolks
Salt, Pepper	

Melt Butter in saucepan, add Flour, Salt and Pepper. Stir until smooth over heat. Gradually add Milk, stirring until sauce thickens and boils. Melt extra Butter, add Prawns and saute. Add Shallot and Paprika and cook further 1 minute. Add Sherry to Prawns, and season. Fold Prawn mixture into White Sauce. Stir in beaten Egg yolk. Heat through, but do not boil. Serve with triangles of dry toast.

SHUTE HARBOUR PRAWN PUFFS

450g (1 lb) Prawns	1 tablesp. Cornflour
1 small Onion	2 tablesp. chopped Celery
1 clove Garlic	Salt, Pepper
1 cup Instant Potato Flakes	1 Egg, separated
Oil for frying	

Make up Potato according to directions. Stir in chopped Prawns, chopped Onion, crushed Garlic, Cornflour, Celery, Salt, Pepper and Egg yolk. Mix thoroughly, form into small balls. Beat Egg white lightly, coat Prawn Balls with Egg white, and fry in hot oil until golden brown. Serve with Peanut Butter Sauce.

Sauce

5 tablesp. Peanut Butter	1 desp Brown Sugar
1 clove Garlic	1 tablesp. Lemon Juice
1 cup Coconut Milk	pinch Salt

made by boiling 1 cup Water, and 1/4 cup Coconut. Let stand 15 minutes, strain)

Combine in saucepan Peanut Butter, crushed Garlic, Brown Sugar, Coconut Milk, Lemon Juice, and Salt. Bring to boil, reduce heat, simmer 2 minutes.

PRAWN AND EGG CURRY

450g (1 lb) shelled Prawns
chopped.
4 hard-boiled Eggs
2 crushed cloves Garlic
1/4 teasp. Chilli Powder
1 tablesp. Butter
1/4 cup Water

225g (1/2 lb) ripe Tomatoes, peeled and
chopped.
2 tablesp. chopped Onion
Salt to taste
dash Lemon Juice
1/2 cup Chicken Stock

Blend Curry and Chilli Powder in cold water. Cook Onion and Garlic in Butter until tender. Add Tomatoes, and Curry liquid. Stir over low heat 5 minutes. Add Salt, Stock, Prawns, quartered Eggs. Simmer until heated through. Thicken if necessary with little Cornflour blended in water. Add Lemon Juice, and serve hot with Rice.

PRAWN AND CRAB CREOLE

1/4 cup chopped Capsicum
30g (1oz) Butter
3/4 cup Dry White Wine
pinch Cayenne
few drops Tabasco Sauce

200g (7oz) tin Crab Meat

1/4 cup chopped Onion
1/2 cup chopped Tomatoes
1 teasp. Salt
3 cups cooked Rice
225g (1/2 lb) Prawns, shelled and
chopped
180g (6oz) diced Cheese

Saute Capsicum and Onion in Butter until softened. Gradually add rest of ingredients, stirring gently over low heat. Turn onto serving dish, garnish with Lemon and Parsley. Serve with tossed green salad.

BAKED TOMATO AND TUNA

180g (6oz) Noodles, or Spaghetti, cooked and drained
1 Tomato, quartered
1 small can Tuna, drained
Cheese for topping
1 cup grated Cheese

2 tablesp. sliced stuffed Olives
1 pkt Cream of Mushroom Soup
1 large can Evaporated Milk

Make up Soup with 1-1/2 cups Water. Add Evaporated Milk and bring to boil, stirring. Arrange Noodles or Spaghetti in casserole dish, add Cheese, and Tuna, Tomato and Olives. Pour in sauce, toss lightly with fork. Sprinkle with extra Cheese and bake in moderate oven 25 minutes or until top is golden brown.

TUNA AND RICE SALAD

1 large can Solid Pack Tuna
3 cups cooked Rice
1 Red Pepper

1/4 cup French Dressing
8 Shallots
2 sticks Celery

Cut Pepper into strips, chop Shallots, dice Celery. Combine with Rice and Dressing in bowl, leave 30 minutes. Drain Tuna, flake. Fold Tuna into Rice and Vegetables. Toss lightly.

ZUCCHINI AND TUNA CASSEROLE

3 medium Zucchini	1/2 cup Water
450g (15oz) can chunk-pack Tuna	1 Chicken Stock Cube
1 teasp. Soy Sauce	120g (4oz) Mushrooms
Salt, Pepper	1 Onion

Slice Mushrooms and Zucchini, chop Onion. Combine Vegetables, Water, and crumbled Stock Cube, Salt and Pepper, in saucepan. Bring to boil, reduce heat, simmer 5 minutes. Add drained Tuna and Soy Sauce, reheat gently.

SOUPS

ICED AVOCADO SOUP

2 large Avocados	Salt Pepper
Lemon Juice	1 teasp. grated Onion
2 cans Beef Consomme	chopped Parsley
1 cup Sour Cream	

Halve Avocados, scoop out flesh. Mash with Lemon Juice. Warm Soup slightly, combine with Avocado and sour Cream. Season with Salt, Pepper and Onion. Refrigerate. Top each serving with Parsley.

PUMPKIN SOUP

1 medium Onion, roughly Chopped	60g Butter
2 Chicken Stock Cubes	500g Pumpkin
1 cup Milk	1-1/2 cups Water
	Salt and Pepper

Melt Butter and fry chopped Onion. Prepare vegetables by washing thoroughly under running water. Peel and chop roughly. Add vegetables to Onion. Crumble in Stock Cubes. Add 1/2 cup water. Cover and simmer gently until vegetables are only just tender. Puree in liquidizer or food processor, adding remaining water. Return to pan and combine with Milk and season to taste. Heat, but do not boil. Serve hot or cold.

VEGETABLES

CREAMED CABBAGE

1 small Cabbage
1/2 teasp. Salt
slices Red Pepper

1/2 teasp. Paprika
1/2 cup Evaporated Milk

Wash Cabbage and drain well. Quarter and place in casserole. Add Salt, Paprika and Milk. Place rings of Red Pepper over Cabbage. Cover and cook approx. 30 minutes.

CABBAGE ROLLS

1/2 Cabbage
500g. (1 lb) Mince Steak
1 Onion, grated
1 teasp. Salt
1/2 teasp. Pepper

1 tablesp. chopped Parsley
1/2 cup uncooked Rice
juice 1 Lemon
1 Egg
1 desp. Cornflour

Carefully remove Cabbage leaves. Place in basin and pour boiling water over. Stand 5-10 minutes, drain. Combine Mince, Onion, Salt Pepper, Parsley and Rice. Fill each Cabbage leaf with 1 desp. of mixture and roll up tucking in ends. Place rolls in saucepan, add a little extra Salt, and cover with water. Place upturned plate over rolls to prevent movement. Bring to boil, and simmer 40 minutes.

Sauce

Beat Egg and Lemon Juice together, strain stock from rolls. Slowly add hot stock to Egg and Lemon, beating continuously. Blend Cornflour until thickened. Place rolls on plate, and cover with Egg and Lemon Sauce.

SAVOURY CABBAGE

1kg (2 lb) Cabbage
4 rashers Bacon
1 Onion

12 Shallots
Salt, Pepper

Wash and slice Cabbage and Onion finely. Fry chopped Bacon until fat flows. Add Cabbage and Onion, season with Salt and Pepper. Chop Shallots into 2cm (1") lengths, and place on top of Cabbage. Cover and cook until tender, about 15 minutes.

EGGPLANT PROVENCALE

2 tablesp. Oil
1 large Eggplant
225g (1/2 lb) Zucchini
2 cloves Garlic
1 green Pepper

120g (1/4 lb) Mushrooms
3 Tomatoes
1 teasp. vegetable Salt
1 teasp. Basil
1 tablesp. chopped Parsley

Chop Eggplant, Zucchini and Pepper into 2cm (1") cubes. Peel and chop Tomatoes, crush Garlic. Heat Oil in large fry pan, add Eggplant and Garlic. Saute until lightly brown and tender. Add Green Pepper, Zucchini,

Tomatoes, sliced Mushrooms, Salt and Basil. Cook uncovered for 5 minutes. Serve with cold meat and chopped Parsley.

EGGPLANT FOR BREAKFAST

1 Eggplant	1 tablesp. Milk
seasoned Flour, Salt	90g (3oz) Butter
1 Egg Breadcrumbs	

Peel Eggplant, cut into 1cm (1") slices. Remove any large seeds, sprinkle with Salt and let stand 30 minutes. Wash well, pat dry. Toss in seasoned Flour, dip in beaten Egg and Milk. Coat with Breadcrumbs. Fry in melted Butter until golden brown. Serve with Bacon, Steak, or Sausages.

EGGPLANT AU GRATIN

Cook Eggplant as above. Arrange in greased ovenproof dish. Pour 1 cup Tomato Puree over top. Sprinkle with grated Cheese. Bake in moderate oven 20 minutes. Serve sprinkled with chopped Parsley.

BAKED EGGPLANT

Cut 2 medium sized Eggplant in halves lengthwise. Score cut surfaces, sprinkle with Salt and allow to stand 20 minutes. Drop into boiling water and simmer gently approx. 5 minutes being careful to ensure skins do not burst. Remove from water and scoop out flesh leaving 1cm shell. Chop flesh finely and add to meat filling. Fill shells with stuffing and bake in moderate oven 40 minutes, in covered casserole dish.

Meat Filling	
50g (1 lb) lean Minced Steak	
1 Egg, beaten	2 tablesp. chopped Mint
1 medium Onion	1 tablesp. Olive Oil
1/3 cup Rice	1/4 cup Beef Stock
2 tablesp. chopped Parsley	Salt, Pepper

Mix Meat, Egg, Onion, Rice, Parsley, Mint, Olive Oil, and Stock. Season with Salt and Pepper.

PAWPAW AS VEGETABLE

Boiled

Place firm Pawpaw, without peeling, into a saucepan of boiling salted water. Boil 1/2 hour or until tender. Cut into pieces, remove seeds, dot with Butter, sprinkle with Salt and Pepper. Serve with White Sauce.

Baked

Cut Pawpaw, not quite ripe, into pieces. Remove seeds, do not peel. Place in baking dish, sprinkle with Salt and Pepper, cook in hot fat approx. 1/2 hour.

STUFFED PEPPERS

6 medium sized Green Peppers	
450g (1 lb) Carrots	3 tablesp. Water

1 Onion	1 teasp. Sugar
3 tablesp. Tomato Paste	1 teasp. Salt
1/2 cup Oil	1/2 teasp. Pepper

Cut tops off Peppers, remove seeds. Heat Oil in saucepan, fry Onions and grated Carrots for 5 minutes. Combine Tomato Paste, Water, and Sugar. Add to Onion and Carrot. Mix well. Add Salt and Pepper. Spoon mixture into raw Peppers. Place in saucepan with a little cold water, cover, simmer until Peppers are tender, 15-20 minutes. Serve hot or cold.

ROASTED SWEET POTATOES

Boil peeled Sweet Potatoes until partially cooked. Place around meat in baking dish for remainder of time, basting frequently. Only peel Potatoes just before cooking. If preferred, peel early, but soak in milk to stop discolouring.

POTATO QUICHE

Pastry	
200g Wholemeal Flour	100g Butter
3 tablespoons Water	

Filling	
1 tablesp. Butter	1 Onion
2 Bacon Rashers	90g grated mature Cheese
250g sliced raw Potato	300mls Milk
3 Eggs	Pepper

Rub Butter into flour until it resembles breadcrumbs. Add Water and mix to give a stiff dough. Cover in plastic wrap and refrigerate. Peel and chop Onion and fry in butter. Add diced Bacon and drain when cooked. Combine Milk, Eggs, and Pepper. Roll out pastry and line a greased 24cm quiche dish. Spoon Onion and Bacon into base of quiche, followed by cheese and vegetables. Pour Egg mixture over filling. Cook at 200deg.C for 10 minutes, then reduce the heat to 180deg.C for another 20 minutes. Serves 4 - 6.

POTATO RATATOUILLE

1kg Potatoes	2 medium-sized Onions
100g Butter	200mls Milk
500g Eggplant	375g Tomatoes
250g Zucchini	1 large Red or Green Capsicum
2-3 tablesp. Oil	Garlic Salt or 2 Cloves Garlic, crushed
1 tablesp. chopped Parsley	1/2 teasp. Basil
Salt and freshly ground Pepper	

Boil and mash Potato, Add Butter and Milk. Dice unpeeled Eggplant, peel and chop Tomatoes, slice Zucchini, seed and slice Capsicum, slice Onions.

In large pan heat Oil and brown Onions. Add remaining ingredients in turn, stirring between each addition. Cook until vegetables are just tender. Pour into a flat ovenproof dish. Pipe or spread mashed Potato on top. Bake in moderate oven for 20 minutes until potato is browned. Serves 6-8.

ZUCCHINI WITH MUSHROOMS

450g (1 lb) Zucchini	1 clove Garlic
125g (4oz) Mushrooms	60g (2oz) Butter
1 large Onion	Salt, Pepper
2 tablesp. chopped Parsley	

Cut Zucchini diagonally into 2cm (1") slices. Crush Garlic, slice Mushrooms, chop Onion. Melt Butter in large pan, add vegetables and saute until brown and tender. Season with Salt and Pepper. Sprinkle with chopped Parsley before serving.

STUFFED WHITE ONIONS

6 fresh Onions, approx. 100g each	4 tablesp. Cream
30g grated mature Cheddar Cheese	1 Egg
Salt and Pepper	1 slice white bread, crumbed

Peel and trim off roots of Onions. Cook till just tender in a large saucepan of boiling water for approx. 30 minutes. Remove from pan and refresh under cold running water. When cool cut the tops off the Onions and remove the insides until only 2 layers of flesh are left to make a shell. Do not pierce the skin. Chop the inside flesh finely. Combine in a bowl the chopped Onion, Cream, Egg, Grated Cheese and Seasoning, mix well. Pile into the shells. Butter an oven dish and arrange Onions in it. Roast onions for 30 minutes in a moderate oven. Serve as a garnish to a roast or as an Entree.

ONION RINGS

4 Onions	1 cup plain Flour
1 cup Milk	1/4 teasp. Salt
1 Egg	Oil for deep frying

Peel Onions, slice thinly and separate into rings. Place in a bowl, add Milk and let stand for 1 hour. Drain and reserve Milk. Beat Egg well, then beat in reserved Milk, Salt and sifted Flour. Dip each Onion ring into batter, drop into deep hot oil, a few rings at a time. Fry until golden brown, drain well, sprinkle with salt.