



Canteen Cookbook

Recipes from our supporters

Table of Contents

Sweet treats

Cakes

3-10

Slices

11-20

Cookies/Biscuits

21-28

Other fun desserts

29-39

Savoury

Mains

40-46

Quiches

47-49

Soups

50-54

Orange Syrup Cake

Ingredients

- 200g butter soft
- 300g castor sugar
- 4 eggs
- 200g sifted self-raising flour
- Zest and juice from 2 oranges
- 1 cup granulated sugar
- Icing sugar
- Candied oranges to garnish



Method

1. Pre-heat oven to 180c. Grease a 20cm cake tin and line the base with greaseproof paper.
2. Beat the butter until light and creamy. Add the sugar, a little at a time, and when the sugar is dissolved, add the eggs one at a time.
3. Add a quarter of the flour, mix, then add the rest of the flour and combine without overheating. Stir in the zest before turning into prepared tin.
4. Bake about 40 minutes or until a skewer pulls clean from the centre of the cake.
5. While the cake is cooking make a syrup with the orange juice and the granulated sugar by heating over a medium flame.
6. When the cake is cooked and golden, turn it out and remove the paper from the base before putting the cake back into the tin.
7. Pour the syrup over the cake and let stand for 30 minutes before serving. You may like to dust the top with icing sugar and decorate with candied oranges.
8. Serve with thick pure cream.

Lemon Syrup Yoghurt Cake

Ingredients

- 185g Unsalted butter
- $\frac{3}{4}$ Cup caster sugar
- 2 Eggs
- 2 Lemons (juiced and rind grated)
- 1 $\frac{3}{4}$ Cups plain flour
- $\frac{1}{2}$ Teaspoons bicarb of soda
- $\frac{1}{2}$ Cup natural yoghurt



Method

1. Cream butter and sugar until pale.
2. Beat eggs one at a time until mixture is light,
3. Sift flour, soda and a pinch of salt together and fold into the mixture with the yoghurt and lemon rind and juice until combined.
4. Use a lined 20cm round springform tin.
5. Bake at 180C for 45 minutes.
6. Top with warm syrup made from juice and julienned rind of 2 lemons and 4 cups castor sugar

Almond and Apple Cake

Ingredients

- 180g Butter
- 225g Castor sugar
- 2 Eggs
- 225g Plain flour
- ½ Teaspoon cinnamon
- 425g Pie apple (You will find this at supermarket in fruit lane)
- ½ Cup sultana
- 1 Tablespoon sugar
- ½ Cup shaved almonds



Method

1. Cream butter and sugar.
2. Add essence, flour and cinnamon, mix well.
3. Spread ½ of the batter in a well-greased cake tin.
4. Cover with apples then sprinkle sugar and sultanas then cover with remaining batter mix.
5. Sprinkle with almonds.
6. Bake in a oven ay 180C for 45 minutes or until cake is golden.
7. Dust with icing sugar when cold.

Scottish Oat Cake

Ingredients

- 2 Cups rolled oats
- 1 Cups desiccated coconut
- ½ Cups sugar
- 4g Butter
- ½ Teaspoons salt
- Vanilla essence
- Enough self-raising flour to make a crumbly mix



Method

1. Mix all ingredients in a bowl.
2. Grease a scone tray with butter.
3. Flatten down the mixture with a fork in the tray.
4. Put in oven (not too hot approximately 140-160 and cook until light brown.
5. Leave on tray until cool.
6. Cut into squares.

Basic Chocolate Cake

Ingredients

- 125g Butter
- 1 ½ Cups sugar
- ¼ Cup cocoa powder
- 60g Dark cooking chocolate (Chopped)
- ½ Teaspoon bicarbonate of soda
- 250ml Water
- 2 Eggs
- 1 ¾ Cups self-raising flour
- ½ Teaspoon vanilla essence



Method

1. Place the butter, sugar cocoa, chocolate, bicarbonate of soda and water in a large saucepan and bring to a boil.
2. Immediately turn the heat down to very low and barely simmer for 2 minutes.
3. Remove from the heat and allow to cool for 15 minutes.
4. Preheat the oven to 170C. Grease a 20cm round cake tin, lining the base with baking paper.
5. Quickly whisk in the eggs with a metal whisk, and then the flour and vanilla, whisking until the batter is smooth.
6. Pour into the prepared tin. Bake for approximately 30 minutes or until a metal skewer inserted into the centre comes out clean. Keeps for four days.

Black Forest Cake

Ingredients

- 1 Quantity Basic chocolate cake (recipe on page 7)
- 2 Tablespoons kirsch or brandy (optional)

For the Filling

- 400ml Thickened cream
- 300g Teaspoons icing sugar
- 400g Can pitted sour cherries
- 3 Teaspoons cornflour mixed to a paste with 1 ½ tablespoons cold water

For the Ganache

- 250ml Thickened cream
- 300g Dark chocolate (chopped)

Method

1. Make the Basic Chocolate Cake recipe (above) This is best made the day before.
2. Meanwhile to make the filling, whip the cream with the icing sugar until firm peaks form. Drain the cherries, reserving the juice,
3. Place the reserved cherry juice in a small saucepan and bring to the boil then whisk in the cornflour paste until thickened.
4. Cool.
5. To make the ganache, bring the cream to the boil, remove from the heat and stir in the chocolate until melted.
6. Set aside to cool and thicken slightly (this will take about 1 hour, depending on the climate). You can hasten this by placing the ganache in the fridge for about 20 minutes, stirring after 10 minutes.
7. To assemble the cake, cut the chocolate cake into 3 layers. Brush the bottom layer with a little brandy or kirsch, then spread with some of the cherry sauce. Spread with a thin layer of cream mixture then dot half the cherries over, then cover with another thin layer of cream mixture, Top with another layer of cream mixture, Top with another layer of cake and repeat, Place the final layer of the cake on top.
8. Whisk the ganache until it forms a spreadable consistency and spread on the top of the cake.
9. To decorate, you can pipe on swirls using any leftover ganache or whipped cream.
10. Variation. If you would like to cover the sides of the cake as well, double the amount of ganache that you make.

Fruit Cake

Ingredients

- 1kg Mixed fruit
- 100g Packet glazed cherries
- 3 Cups of juice (orange or pineapple)
- 2 Cups self-raising flower



Method

1. Large bowl put 1kg mixed dried fruit.
2. 100g packet of glazed cherries.
3. Pour over 3 cups of orange or pineapple juice, leave to soak for 24 hours, stir sometimes.
4. Sift onto fruit 2 cups self-raising flour, stir well.
5. Oven at moderate, use small tins or one large tin.
6. Butter tins very well, $\frac{3}{4}$ fill tins with mixture. Bake 1 hour for big tin. Test with skewer, cool in tin. Keeps very well in fridge.

Date Loaf

Ingredients

- 125g Butter
- 1 Cup dates (cut in half)
- 1 Cup of sugar
- 1 Cup of water
- 2 Teaspoons carb soda
- 2 Eggs
- 2 Cups self-raising flour
- 1 Pinch of salt



Method

1. Make in large saucepan.
2. Boil together stir to break dates a bit. Leave to cool.
3. Lightly beat eggs with a fork, add to date mixture with the flour and salt.
4. Bake at 170C in 2 log tins lined with baking paper for about 40 minutes.
5. Slice and butter when cool. This freezes very well and keeps fresh for a few days.

Cherry Ripe Bar Slice

Ingredients

- 125g butter
- $\frac{3}{4}$ cup castor sugar
- 2 eggs
- 2 Tablespoons cocoa
- 200g Melted chocolate
- 1 Packet Marie biscuits (crushed)
- Two 55g cherry ripe bars (chopped)



Method

1. Heat butter and sugar until butter is melted.
2. Cool slightly. Add eggs, coca and chocolate to butter and sugar.
3. Mix well, then add biscuits and cherry ripe. Press into slice tine and leave to set in fridge.
4. Topping 125g chocolate buds or chocolate melted with 30g cophia

Turkish Delight Slice

Ingredients

- 1 Packet Chocolate Ripple biscuits
- 1 Turkish Delight Bar
- 1 Packet red cherries 150g
- 1 Cup coconut
- ½ tin condensed milk
- 60g butter



Method

1. Crush chocolate ripple biscuits, Turkish delight bar and red cherries in a blender in two lots
2. Place in a bowl and add coconut, condensed milk and butter
3. Mix altogether and place in slice tin to set in fridge
4. Topping 125g chocolate buds or chocolate melted with 30g copha

Chocolate Finger Slice

Ingredients

- 155g Dateo finely chopped
- 60g Ginger finely chopped
- 125g Butter
- ½ Cup sugar
- 3 Cups cornflakes



Method

1. Place dates, ginger, sugar and butter in a saucepan and boil gently until soften (only takes about 3 minutes)
2. Add cornflakes (off heat) until well.
3. Press into lined slice tin, put in fridge. Melt 90gm copha and add ½ cups drinking chocolate, cool slightly the pour over slice or melt 200g chocolate milk or dark and drizzle over slice.

Chocolate Slice

Ingredients

- 1 ½ Cups self-raising flour
- ¾ Cup coconut
- 1 Cup sugar
- 100g Melted butter



Method

1. Mix all the ingredients to form a stiff dough
2. Press into a well greased tray, bake in moderate oven for 15 minutes or until golden.
3. While it is baking, mix 1 cup of icing sugar, 1 tablespoon cocoa, 1 teaspoon melted butter and enough water to make a runny consistency.
4. Ice the slice while it's still hot so it melts into the base.
5. Cut into squares and enjoy!

Apricot Slice

Ingredients

- 125g Butter
- 1 Cup plain flour
- Pinch of salt
- 1 Cup dried apricots
- $\frac{3}{4}$ Cup Coconut
- 1 Cup sugar
- 2 Eggs
- $\frac{1}{2}$ Cup milk
- $\frac{1}{2}$ Teaspoon vanilla essence



Method

1. Soak apricots in milk while beating cake, cream, butter, sugar.
2. Add egg the flour, milk, apricots and vanilla essence.
3. Bake in 11c7 slice tin in moderate oven 25-30 minutes
4. Ice with lemon icing. This has no raising agent but is a very nice slice.
5. Grease the tin and line base with baking paper.

Orange Slices

Ingredients

- ½ Cup butter
- ½ Cup of sugar
- 2 Eggs
- 1 Orange grated rind and juice
- 1 ½ Cups self-raising flour



Method

1. Beat butter and sugar to a cream.
2. Add eggs, grated rind, juice and flour.
3. Roll into balls and flatten with a fork.
4. Bake in a fairly quick oven.
5. When cool join together with orange icing.

Raspberry Coconut Slice

Ingredients

- 80g Butter
- 1 Cup sugar
- 2 Eggs
- 1 ½ Cup self-raising flour
- Raspberry jam
- 1 Cup coconut



Method

1. Cream together butter and ½ cup sugar, stir in 1 egg, mix in self-raising flour.
2. Press into greased slice tin
3. Spread over raspberry jam.
4. Mix together 1 egg and ½ cup sugar, coconut and spread over jam.
5. Bake in a moderate oven (177C-191C) about 25 minutes or test with a skewer till it comes out clean.
6. Cut into squares once cool.

Cherry Butter Slice

Ingredients

- 170g Margarine
- $\frac{3}{4}$ Cup castor sugar
- 100g Chopped glace cherries
- Rind of 1 lemon



Method

1. Cream butter/margarine and sugar, mix in flour and cherries.
2. Place in flat tray and baked lemon icing.
3. Cut into fingers.
4. When cold cut into rectangle.

Lemon Ginger Slice

Ingredients

- 250g Butter
- 250g Sugar
- 2 Level tablespoons coconut
- 1 Tablespoons lemon juice
- 1 Lemon grated rind
- 1 Beaten egg



Method

1. Put all the ingredients in a saucepan and mix well.
2. Cook 2 minutes.
3. Remove from heat and let cool slightly.
4. Add $\frac{1}{4}$ cup chopped crystallised ginger 500g crushed biscuits.
5. Press mix into slab tin.
6. When set, ice with lemon icing and sprinkle with coconut.
7. Cut into fingers.

Honey Nougat Squares

Ingredients

- 1 Cup self-raising flour
- 1 Cup sugar
- 1 Cup rolled oats
- 1 Cup coconut
- Pinch of salt
- 125g Melted butter
- 1 Beaten egg
- 1 Tablespoon of honey



Method

1. Mix in the self-raising flour, sugar, rolled oats, coconut, salt.
2. Add the honey to the melted butter, egg and combine together.
3. Bake in oven for 35 minutes at 150C. Let cool.

Swedish Dinkle Cookies

Ingredients

- 150g Unsalted butter at room temp
- 240g Scant 1 1/3 cups raw sugar
- 2 Eggs
- 1tbl Spelt flour
- 2 Teaspoons baking powder
- 120g Rolled oats
- 70g Generous 1/2 cup sunflower seeds



Method

1. Preheat oven 175C, line 3 baking trays with baking paper.
2. Combine butter sugar in a large bowl, electric mixer 5 minutes until fluffy.
3. Add eggs one at a time.
4. When mixed add flour and baking powder, mix to combine.
5. Turn down the mixer and add oats and sunflower seeds, mix gently.
6. Drop tablespoons of mix onto trays, leave 5cm space.
7. Bake 10mins then remove. Cool on trays. Delicate so remove slowly.

Easy Peanut Butter Biscuits

Ingredients

- 1 Cup crunchy peanut butter
- 1 Cup sugar
- 1 Egg
- 1 Pinch of salt
- 1/2tsp Vanilla



Method

1. Mix peanut butter and sugar then stir in egg and vanilla well.
2. Shape into 1 inch balls and put on to ungreased baking sheet.
3. Flatten slightly with a floured fork.
4. Bake at 350C for 12-15 minutes. Recipe makes 2 dozen biscuits.

Butternut Cookies

Ingredients

- 2tbl Butter
- 1 Cup sugar
- 1 Egg
- ½ Teaspoon cream of tartar
- 1 Teaspoon bicarb of soda
- Pinch of salt
- 1 ½ cups of plain flour (or 1 Cup of self-raising flour)
- ½ Teaspoon vanilla essence
- 1 Cup desiccated coconut
- 2tbl Golden syrup
- 1tbl Milk



Method

1. Preheat oven to 180C.
2. Mix all ingredients together well
3. Roll dough into small balls and place on greased tray.
Bake for 15-20 minutes or until brown.

Whatever Biscuits

Ingredients

- 1 egg
- 110g Softened butter
- ¼ Cup sugar
- 1 Cup self-raising flour
- 1 Cup of “Whatever” (Whatever are anything from Choc chips; chopped walnuts; chopped dried apricots; sultanas etc)



Method

1. Beat butter and sugar until fluffy, add egg, add flour and whatever.
2. Roll in balls allow for spreading.
3. Cook in oven at 175C approximately 10 minutes.
4. Allow to cool and eat.

Custard Biscuits

Ingredients

- 185g Butter
- ½ Cup castor sugar
- 2 Eggs
- 2 Cups self-raising flour
- ½ Cup Foster Clarks custard powder



Method

1. Cream butter and sugar until light and fluffy, gradually beat in eggs, mix well after each addition.
2. Put in sifted flour and custard powder.
3. Place 40 teaspoons of mixture onto a lightly greased oven slide.
4. Press down with a fork, bake at 180C for 10 minutes.
5. Cool biscuits on a rack wire.
6. Spread fillings and sandwich together
7. Dust with icing sugar.
- 8.
9. For filling
10. Cream butter, icing sugar and custard powder until light and fluffy.
11. Add orange rind and orange juice
12. Beat until smooth. Makes 20 biscuits

Crunchy Biscuits

Ingredients

- 1 ½ Cups rolled oats
- 2 Tablespoons plain white flour
- 1 Tablespoon honey
- ½ Cup wholemeal plain flour
- 1 ½ teaspoons baking powder
- 100g butter or margarine



Method

1. Melt butter/margarine and honey and mix into sifted dry ingredients, oats and vanilla.
2. Press into greased flat tin and bake at 180C on middle of rung oven.
3. Allow to cool slightly before cutting into squares or oblongs.
4. When quite cool remove using a flat bladed knife or spatula.

Cornflake Biscuits

Ingredients

- 3oz Sugar
- 6oz Butter
- 1 Egg
- Vanilla Essence
- 1 Large cup (5oz) self-raising flour
- 2 Small cups cornflakes
- $\frac{3}{4}$ Cup chopped preserved ginger
- $\frac{1}{2}$ Cup chopped walnuts



Method

1. Cream butter, sugar, egg and vanilla.
2. Mix in ginger and walnuts
3. Fold in flour and cornflakes.
4. Place large teaspoonfuls on greased baking sheet and bake at 180C for 15-20 minutes till gently coloured.

Wholemeal ANZAC Biscuits

Ingredients

- 125g butter or margarine
- 1 Tablespoon golden syrup
- 2 Tablespoons boiling water
- 1 ¼ Teaspoons bi-carb soda
- 1 Cup wholemeal plain flour
- ¾ Cup Crip coconut
- 1 Cup muesli or rolled oats
- ¾ Cup sugar



Method

1. Melt butter in a large saucepan.
2. Remove from heat.
3. Add syrup, boiling water and soda.
4. Stir in remaining ingredients and mix thoroughly.
5. Press into greased lamington tin 30x26cm
6. Bake in moderate oven 180C 15-20 minutes until golden brown.
7. Make into squares and allow to cool in the tin.

Variation

1. Press ½ cup chopped nuts into mixture in tin before baking if desired.

Breakfast Berry Banana Pops

Ingredients

- 2 Cups Greek-style yoghurt. Plus extra to drizzle.
- 1 cup frozen mixed berries or other fruit of your choice
- 3 large ripe bananas
- ¼ cup honey or maple syrup
- ¼ cup frozen blueberries
- ½ cup toasted muesli or granola



Method

1. Place yoghurt, mixed berries and honey or maple syrup into a blender. Blend until smooth. If needed, add a little milk, water or juice to help loosen the mixture.
2. Grease and line a 22cm round springform cake tin with plastic wrap.
3. Pour smoothie mixture into lined tin and scatter over extra fruit and granola.
4. Freeze 6-8 hours. Stand pan at room temperature 5 mins, then unclip and remove frozen smoothie from cake tin and remove plastic wrap.
5. Using a large, hot knife, slice into 12 wedges. Arrange wedges on a lined tray, insert paddle-pop sticks into the side of each wedge (you may need to insert a hot butter knife into sides to make it easier to push the paddle-pop sticks in)
6. Drizzle with a little extra yoghurt if liked, then freeze until needed.

Don't Ask for Seconds

Ingredients

- 1 Can condensed milk
- 600mls whipping cream (TIP put can of milk in fridge overnight it whips up better)
- 2 Violet crumble (smashed)
- 2 Packs molto milk biscuits



Method

1. Line oven tray with baking paper.
2. Lay 1 packet biscuits shiney side down.
3. Whip milk and cream till thick, stir in violet crumbs, spread over biscuits.
4. Lay other pack of biscuits (the same way) on top then freeze.

Yum Yums

Ingredients

- 2 Cups crushed milk coffee biscuits
- 2 Tablespoons cocoa
- 1 Tin condensed milk
- 1 Cup coconut (Plus extra to roll balls in)



Method

1. Mix ingredients well.
2. Roll into balls (not too big).
3. Roll in coconut.
4. Keep in fridge.

TIP Put extra coconut in bowl or dish so you can coat several balls at once.

Baked orange Cream Pudding

Ingredients

- 1 Tablespoon butter
- $\frac{3}{4}$ Cup sugar
- 2 Tablespoon self-raising flour
- 1 Orange (or lemon)
- 1 Cup milk
- 1 Egg



Method

1. Cream butter and sugar, stir in sifted flour/
2. Add orange juice and grated rind, beaten egg yolks then milk.
3. Lightly fold in.
4. Stifle beaten white if egg
5. Pour into a well-greased dish.
6. Stand in a dish of hot water and cook in slow over about 1 hour.
7. Serve hot or cold.

Pumpkin Pepitas

Ingredients

- 500g Pumpkin (cooked)
- 1/3 Cup plain flour
- 1tsp Ground cinnamon
- ½ tsp Ground nutmeg
- ¼ Cup castor sugar
- ½ Cup pecans or pepitas
- ¼ cup dark reeuu
- 3 Eggs lightly beaten
- 1 Cup rice bran oil



Method

1. Mix all ingredients together.
2. Bake in medium oven till lightly browned.

Impossible Pie

Ingredients

- 4 Eggs
- ½ Cup flour
- 1/8 Cup sugar
- ½ Cup butter
- 2 Cups milk
- 1 Cup coconut



Method

1. Blend ingredients together.
2. Pour into a greased pie plate and bake at 180C for one hour or until centre is firm.
3. Serve with thickened cream and or with ice cream.

Lolly Log

Ingredients

- 125g Butter
- 250g Malt biscuits (crushed)
- ½ Cup condensed milk
- 1 ½ Cups multi-coloured marshmallows, bananas, lollies (chopped)
- Desiccated Coconut



Method

1. Melt butter, stir in condensed milk and cool.
2. Stir in lollies and biscuits.
3. Roll into log and roll in coconut and then refrigerate.
4. Slice to serve.

Raspberry Flummery

Ingredients

- 85g Raspberry jelly crystals (or any flavour you prefer)
- 300ml Cream



Method

1. Dissolve jelly crystals in 250ml boiling water.
2. Place in fridge for 1-2 hours until almost set.
3. Take jelly from fridge and add the cream.
4. Beat with an electric beater, until well combined.
5. Pour into serving bowls and put in fridge for 1-2 hours to set.
6. Decorate with raspberries or any other fruit if desired.

Pikelets

Ingredients

- 1 Egg
- ½ Cup sugar
- Few drops of vanilla
- 1 Large cup of self-raising flour
- ½ to ¾ cup of milk



Method

1. Beat egg, add sugar and vanilla.
2. Heat frypan with a little butter.
3. Add flour, milk alternately beating with each addition (a small amount at a time).
4. The batter is ready when it drops easily from the spoon).
5. Wipe pan with paper towel before first batch
6. Pan is ready when it hisses slightly when adding batter.
7. Use a soup spoon for a round shape.
8. Cook at 6 ½ minutes in a small frypan.
9. Turn when brown at the edges as big bubbles form.
10. Cool on a t-towel.
11. Store in fridge.

Quick and Easy Dessert

Ingredients

- 1 Bag white marshmallows (large)
- 3 Passionfruit
- 2 Bananas (sliced)
- Orange juice
- Whipped cream
- Strawberries (to decorate)



Method

1. Place all ingredients in a large mixing bowl and stir gently.
2. Place in a parfait glass and decorate with strawberry on top.
3. Refrigerate till required.

Chocolate Mousse

Ingredients

- 200g Dark chocolate (chopped)
- 30g Unsalted butter
- 3 Eggs (separated)
- 300ml Carton thickened cream (whipped)



Method

1. Place chocolate on heatproof bowl, place over pan of simmers water; stir chocolate until melted
2. Remove from heat.
3. Add butter, stir until melted; stir in egg yolks one at a time. Transfer mixture to large bowl, cover; cool.
4. Beat egg whites in small bowl with electric mixer until soft peaks form.
5. Fold cream and egg whites into chocolate mixture in two batches.
6. Pour into 12 serving dishes. (1/3 -cup capacity); refrigerate several hours or overnight.
7. Serve with extra whipped cream and chocolate curls, if desired.

Country Baked Pork Chops

Ingredients

- 3-4 Apples
- 1 Chopped onion
- 1tbl Sugar
- 1 tsp Sage
- 4 Large pork loin chops
- 150ml Cider or chicken cube & 150mls water
- Salt and pepper
- 30g Butter
- 4tbl Fresh breadcrumbs
- 90g Cheese



Method

1. Place sliced apple & chopped onion in greased dish with sugar and sage.
2. Trim chops and put on apple mixture.
3. Pour liquid over with salt & pepper.
4. Melt butter and combine with bread crumbs and cheese and sprinkle on top.
5. Bake moderate over for 45 min.

Chicken Crispy Bake

Ingredients

- 1 BBQ chicken
- 3 Sticks of celery (sliced)
- $\frac{3}{4}$ Cups flaked almonds (lightly toasted)
- 1 $\frac{1}{2}$ Cup mayonnaise
- $\frac{1}{2}$ Cup Cream
- 1 small onion finely chopped
- 1 Tablespoon lemon juice
- 1 Cup grated tasty cheese
- 1.50g thick potato chips (lightly crushed)



Method

1. Remove chicken meat from bones and chop roughly.
2. Combine chicken, celery onion, almonds, mayo, cream and lemon juice in a bowl
3. Mix well.
4. Pour into shallow overproof baking dish
5. Combine cheese, chips and crumble on top.
6. Baked in moderate oven for 20 mins or until golden brown.

Somme Special

Ingredients

- Potatoes
- Corned beef
- Onion (finely chopped)
- Tomato sauce



Method

1. Boil and mash together potatoes and a tin of corned beef.
2. Stir in onion and a dash of tomato sauce.
3. Serve hot.

Variation

1. Can also be cooked as patties if you add butter.

French Steak

Ingredients

- 1 Packet French onion soup
- 1 Dessert spoon Worcestershire sauce
- 2 Dessert spoon red wine
- Rib fillet steak or trimmed rump



Method

1. Preheat oven to 200C.
2. Line roasting dish with foil or baking paper.
3. Place steak in foil/baking paper.
4. Sprinkle with all ingredients over steak.
5. Fold the foil over the steak (Completely sealed)
6. Place in the preheated oven
7. Cook for 45-60 minutes.

Yummy Drumsticks

Ingredients

- 1tsp Honey
- 1tsp Salt reduced soy sauce
- Juice ½ lemon
- ½ Clove garlic finely chopped
- ¼tsp Sesame oil
- Freshly ground pepper
- 4 Chicken drumsticks



Method

1. Preheat oven 180C.
2. In a small bowl mix together honey, soy sauce, lemon juice, garlic, sesame oil and a little pepper.
3. Stir drumsticks and coat with manmade preparations.
4. Place drumsticks on a rack wiring oven ½ through cooking.
5. Cook for about 30 minutes until chicken is tender
6. Serve with veggies or noodles.

Easy Pasta

Ingredients

- 3 Eggplant (900g)
- 120ml Olive oil
- 3 Garlic cloves (sliced)
- 1-2 Mild red chillies (sliced)
- 2 x 400g Tin tomatoes
- 5 Oregano sprigs
- 45g Parmesan
- 20g Basil leaves (shredded)
- Salt and black pepper
- Spaghetti Pasta



Method

1. Preheat oven to 180C.
2. Cut eggplant into 1cm slices
3. Cook in olive oil
4. Add salt and pepper
5. Bake until golden 20-35 minutes.
6. Add olive oil to a sauté pan and add chillies and garlic is golden.
7. Add tomatoes and oregano, salt and pepper
8. Cook until the sauce thickens, about 10 minutes.
9. Remove oregano, add eggplants.
10. In a large pot cook pasta until al dente.
11. Add sauce to pasta and mix well.
12. Add 30g of parmesan and all the basil.
13. Divide between 4 bowls and serve topped with remaining parmesan.

Dutch Baked Eggs

Ingredients

- 1lb Cooked potatoes
- 1 Teaspoon chopped chives or onion
- 1 Cup of sour cream
- 6 Hard boiled eggs
- Shredded cheese
- 1 Teaspoon chopped parsley
- ½ Cup chopped bacon pieces



Method

1. Cut potatoes into thick slices and arrange on the bottom of a greased casserole dish.
2. Chop eggs, add chives, parsley, bacon and sour cream.
3. Mix well and spread over potatoes.
4. Sprinkle liberally with shredded cheese.
5. Bake in a hot oven until cheese melts and browns.

TIP Cream may be soured by adding a teaspoon of lemon juice or vinegar

Easy Quiche

Ingredients

- 4 Free range eggs
- 1 ½ Cups milk
- 3 Tablespoons melted butter or nutlex
- ½ Cup self-raising flour (Gluten free if needed)
- 1 ½ cups grated cheese (non-dairy if needed)
- 2 Cups of filling of choice



Method

1. Preheat oven to 180C.
2. Whisk together in a bowl eggs, milk, butter and flour.
3. Fold in cheese and filling.
4. Pour into a 24cm quiche dish.
5. Bake for 45-55 minutes until set and golden brown.
6. Serve hot with vegetables or salad.

Broccoli Frittata

Ingredients

- 2 Cups broccoli florets
- 2 Eggs
- 1 Cup milk
- 1 Packet continental vegetable soup
- 1/3 Cup grated cheese



Method

1. Place broccoli in a greased quiche dish.
2. Beat eggs with milk and soup mix.
3. Pour over broccoli.
4. Sprinkle cheese on top.
5. Bake at 180C for 40-50 minutes.

Zucchini Slice

Ingredients

- 2 packed cups (350g) grated zucchini
- $\frac{3}{4}$ cups S.R flour
- 2 cups (250g) mixed vegetables eg grated carrot, diced capsicum and celery
- 1 $\frac{1}{2}$ cups (110g) grated 25% reduced fat cheddar cheese
- $\frac{1}{2}$ cup each frozen peas and frozen corn niblets
- 2 whole eggs – 3 egg whites – 1 diced onion
- 1 cup (120g) diced lean ham – salt & pepper to taste.



Method

1. Preheat oven 180 Deg Celsius
2. In a large bowl add all ingredients except the cheese.
3. Add $\frac{2}{3}$ of cheese to mixture.
4. Mix well. Coat Quiche or Lasagne dish with cooking spray.
5. Spoon mixture into dish, then sprinkle remaining cheese on top.
6. Bake 35-40 minutes or until golden brown.
7. This dish is even better if made the night before or left to sit for a few hours before serving.

Variations

1. To make vegetarian remove the ham – add one more cup of veggies or for an even lower fat count
2. Replace 25% reduced fat cheese with 1 $\frac{3}{4}$ cups (150g) grated Devondale low fat cheese.

Vietnamese Beef Noodle Soup

Ingredients

- 2 Birdseye chillies
- 1 Tablespoon peanut oil
- 1 Large brown onion (200g chopped)
- 2 Cloves garlic (crushed)
- 1 Medium carrot (120g chopped)
- 1 Tablespoon grated fresh ginger
- 1 Litre (4 cups) beef stock
- 2 Cups (500ml) water
- 1 Teaspoon black peppercorns
- 2 Star anise
- 1 Tablespoon fish sauce
- 500g Beef rump steak (thinly sliced)
- 400g Fresh rice noodles
- 120g Bean sprouts
- 3 Green onions (sliced thickly)
- 2 Tablespoons fresh mint leaves
- ½ Medium lemon (70g quartered)

Method

1. Remove seeds and membranes from the chillies; cut lengthways into thin strips.
2. Heat oil in a large saucepan; cook onion, garlic, carrot, ginger, stirring until the onion is soft.
3. Stir in stock, water, pepper, star anise and sauce.
4. Bring to a boil; simmer, uncovered, 30 minutes.
5. Strain stock mixture through two pieces of muslin.
6. Bring stock to a boil.
7. Meanwhile, divide chilli, beef, noodles, sprouts, onion, mint and lemon among serving bowls; ladle in boiling stock.



Tuscan Bean Soup

Ingredients

- 1 Tablespoon olive oil
- 2 Celery stalks (chopped)
- 2 Onions (coarsely chopped)
- 2 Carrots (coarsely chopped)
- 450ml chicken stock
- 1 Tin crushed tomatoes (no salt)
- ½ Cups chopped fresh basil
- 2 Tablespoons chopped oregano or
1 Tablespoons dry oregano
- 420mls Red beans/ Kidney beans
- 40g Can borletti beans
- 400g Can chick peas



Method

1. Heat oil, sauté celery, carrots, until soft then place in a saucepan.
2. Add chicken stock, tomatoes, herbs bring to boil.
3. Simmer 10 minutes
4. Drain and rinse the beans, stir into the soup
5. Cook until flavour develops about 10 minutes.
6. When serving add grated parmesan cheese.

Lentil Soup

Ingredients

- 2 Tablespoons oil
- 1 Onion
- 1 Carrot
- 1 Celery stick
- 1 Clove garlic (crushed)
- 2/3 Cup red lentils
- 2 ½ Cup water or stock (You can use a vegetable stock cube)
- Salt and pepper (to taste)
- 1 Tablespoon chopped parsley
- Chopped potato (Optional)



Method

1. Heat oil in a large sauce pan.
2. Add onion, carrot, celery, potato and fry till softened.
3. Add remaining ingredients, salt and pepper to taste.
4. Bring to boil, cover and simmer for 45 minutes, stirring occasionally (Don't let it burn).
5. Pour into a warm pot and sprinkle with parsley.

Variation

1. Add tomato puree.

Chicken Soup

Ingredients

- 2 Chicken drumsticks
- 1 Onion (chopped)
- 1 Carrot (thinly sliced)
- Tin of sweet corn
- 1 Litre chicken stock
- Noodles (optional)



Method

1. Place all ingredients in a large saucepan
2. Bring to boil and cook for 20 minutes.
3. If the chicken has large pieces cut to size, leave whole pieces.
4. Add in noodle's if wanted.