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These recipes were typed from a hand-written manuscript which was compiled by DAVE HEINICKE from Loxton Sth Australia. From what we can gather he was on Peter Abel's southbound African in 1984....

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VEGETABLE SOUP.

Stock.

Any vegetable that is available, ie carrots, onions, celery, potatoes.

1. Cut all veges into dices.
2. Add to stock, bring to boil, cook until veges are cooked...
3. Season, can either be left as is or thickened with roux (page 176).

NB To make stock use any bones that are available. This, or use stock cubes with water.

If you want, the bones can then have the meat scraped off and put into soup.

Soups can be made using anything that's available in the kitchen, ie macaroni, spaghetti, pearl barley, rice lentils, split peast etc. A good place to experiment.

FRENCH ONION SOUP

240g butter or margarine

4 tablespoons oil.

3kg onions peeled and cut into rings.

2 cloves garlic crushed.

3 teaspoons salt.

4. tablespoons plain flour.

3L milk

3L water.

10 beef stock cubes, crushed.

Few drops tabasco sauce. Salt and pepper to season.

4 cups shredded cheese (tasty).

1. Heat butter and oil together. Cook onions and garlic slowly - 20-30mins.
Do not brown.
2. Add salt and flour. Cook approx another minute.
3. Blend in milk and combined water and stock cubes slowly.
4. Bring to boil. Simmer for 3 minutes.
5. Add tabasco and season.
6. Serve in bowls, garnished with cheese and crusty french bread or crackers.

TOMATOE SOUP

White stock 10L

1Kg tomatoes diced.

Tomatoe paste or puree

500g carrots diced.

500 g onions diced

500 g margarine or butter

500 g plain flour

50g sugar

salt and pepper to season.

1. Fry vegetables in margarine or butter.
2. Add flour to make a roux.
3. Gradually add stock, stirring all the time. Add rest of ingredients.
4. Bring to boil and simmer for 1 hour.
5. Pass through sieve or strainer. This is optional as it can be left.
6. Season.

NB To make cream of tomato, add fresh, tinned (unsweetened) milk to above.

QUICK TOMATO SOUP

Tomato paste, sugar, salt and pepper. Stock or water.

1. Boil altogether. maybe chopped onion added.
2. Thicken with roux or thickener (page 176)
3. Season. Add drop milk for cream.

CREME OF CHICKEN SOUP.

10L chicken stock or chicken stock cubes and water.

500g margarine or butter.

500g diced cooked chicken (optional)

500g plain flour.

1L milk

6 yolks of egg.

salt and pepper to season.

1. Make white roux using butter and flour (page 176)
2. Add boiling stock to roux to make sauce.
3. Bring to boil and simmer for 30mins. Skim anything that comes to top.
(won't happen using stock cubes).
4. Correct seasoning and consistency (if too thick add more stock or water if too runny thicken using page 176) (at least the recipe off it...)
5. Remove from heat add egg yolk that have been beaten. Plus milk.
6. Add diced chicken and do not let boil after adding egg yolk. These give colour to soup.

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CHICKEN NOODLE SOUP (easy version)

10L water

10 stock cubes crushed.

1 pkt spaghetti or pkts noodles.

1. Break spaghetti into lengths of approx 1"
2. Boil water, add stock cubes.
3. Add spaghetti. Correct seasoning. Serve when spaghetti is cooked.

Variations

Add 6 beaten eggs to above

Just before serving for egg noodle soup.

Instead of using chicken stock cubes, use beef ones for beef noodle soup.

MINETRONE SOUP

1kg carrots diced

1kg onions diced

1 stick celery (if available)

1 L can tomatoe paste

¼ cup oil

1 pkt macaroni

1 small diced cabbage

2 cns baked beans or prefer 3 bean mix ... drained (small cans)

parmesan cheese or strong cheese grated.

10L stock or water

salt and pepper to season.

1. Fry carrots, onions celery in oil.
2. Add stock, tomato paste, bring to boil.
3. Add macaroni (stir often from now on) cabbage.
4. When macaroni is cooked add beans.
5. Season , add cheese and serve with good crusty bread.

GREEN PEA SOUP

2 large cans of green peas or 250g de hyd peas
2 large onions diced.
salt and pepper for seasoning
100g bacon or ham diced finely
1 can peas for decoration or handfull dehyd peas.

1. Boil the peas until very mushy.
2. Strain keep the liquid and place the onions and bacon/ham into it. Place this back on heat to boil again.
3. Place the peas through the strainer (forcefully...)
4. Put the peas back into the liquid, corret seasoning and bring back to the boil.
5. Simmer for 10mins or so and now add the extra peas.
6. Serve.

SAUSAGE AND CABBAGE SOUP

18-20 frankfurters (sliced)

1.5kg cabbage (shredded finely)

3 cloves garlic (crushed) 75g butter or margarine

75 g flour

3L chicken stock (water - chicken stock cubes)

salt and pepper to season.

1. Heat butter in a pot, add garlic - cabbage for approx 10mins to soften it.
2. Mix in the flour, then gradually blend in the stock, stirring all the time.
Bring to the boil, season then reduce the heat, cover and simmer 1 hour.
3. When the soup is ready, skim any fat from the surface, add sliced frankfurters.
Leave 5mins to heat frankfurters through.
4. Serve.

AVACADO STUFFED WITH TUNA

½ medium to large avacado per person.

Juice of 4 to 5 lemons

650 g canned tuna

4 cloves garlic crushed.

3 small onions (finely chopped).

3 small pickled o cucumbers or gerkins (if available) (finely chopped).

salt and pepper to season.

2 small onions sliced into rings and 1 small slice tomato per person (GARNISH)

1. Cut avacados in ½ lengthwise and remove stones. Dip all exposed surfaces in lemon juice to prevent discolouring.
2. ~~Mix~~ onion, garlic, drained tuna, salt and pepper cucumber together.
3. Pile the mixture onto avacado halves. Garnish with rings of onion - tomatoe slice.
4. Try to allow to stand 30mins before serving.

GUACAMOLE

Serve with crusty bread or crackers using approx 8 ripe avacados.

1 onion finely chopped

4 tomato skinned, seeded and chopped.

1-2 chillis seeded and chopped (optional)

Coriander or garlic to taste.

2 lemon or limes juiced.

1. Combine onion, tomato, chilli (if used) coriander or garlic.
2. Scoop out flesh of the avacados and mash.
3. Combine with No 1.
4. Squeeze over lemon or lime juice
5. Serve

AVACADOS WITH FRENCH DRESSING.

Served as emtree or meal starter.

Ripe avacados required, at least $\frac{1}{2}$ for each person.

1. Cut each avacado into $\frac{1}{2}$ and put onto plate
Sprinkle with french dressing (see page 175)

WELSH RAREBIT

1kg cheese, mild cheddar or mature.

margarine

milk To make white sauce (page 180)

flour

1 slice toast per person

mustard to flavour

cayenne pepper to season.

1. Grate the cheese
2. Make white sauce, add cheese and diluted mustard, stir over low heat until the cheese is dissolved, season with pepper.
3. Spread the mixture domed shape on the slice of toast covering the edges.
4. Brown top by placing on a tray and put into the oven which has a fire on top of the oven.

NB Finely diced cooked onion can be added too.

For a cheese and onion savoury.

For a buck rarebit a poached egg is served on top of the above recipe.

TUNA BANANA DIP

180g can tuna in oil.

3 shallots finely chopped or small onion.

1 banana mashed.

$\frac{1}{2}$ level teaspoon salt

$\frac{1}{2}$ level teaspoon curry powder.

125g cream cheese softened (maybe could use any cheese grated as substitute).

$\frac{1}{2}$ cup mayonnaise

squeeze of lemon juice.

1. Drain and flake tuna into a bowl.
2. Add remaining ingredients and beat until well combined.
3. Cover and keep as cool as possible, for several hours to develop the flavours.

SARDINE ENTREE

6 cans sardines

Bread to toast

Tomatoe slices and onion slices grated cheese (optional)

Tomatoe sauce

3-4 cans of sweet corn (optional)

butter or o lemon juice.

1. Heat oven especially the top
2. Drain the sardines neatly on the untoasted side. Place on tray and into oven until sizzling. The sardins can be covered with the decoration of tomatoe, onions, cheese if wanted before racing into oven.
5. Serve with tomatoe sauce and canned sweet corn that has been heated thoroughly with the butter or lemon juice added when hot.

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CORN AND TUNA SAVOURY.

1 small slice of hot buttered toast per person.

400g canned tuna, drained

400g corn kernels, drained

400g grated cheese

pinch thyme

pinch pepper.

1. Keep the buttered toast warm.
2. Combine the remaining ingredients in a saucepan and heat them gently, stirring continually.
3. Spoon the mixture on to the pieces of toast and serve immediately.

NB chopped onion could be added.

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CHEESE AND MUSHROOM SAVOURY

1 small slice of toast per person

300g butter

8 eggs beaten

250g grated cheese

600g button mushrooms sliced, or 1 can mushrooms in buttersauce.

2 cloves garlic chopped finely.

salt and pepper

paprika or cayenne pepper (optional).

1. Heat the oven especially the top.

2. Toast and butter each slice.

3. In a bowl, blend together the beaten eggs and $\frac{1}{4}$ of the cheese.

4. Melt the remaining butter (after doing the toast) in a frying pan add the mushrooms and chopped garlic, saute 3-4 mins - less if using canned mushrooms.

5. Add the beaten egg and cheese mixture to the pan and season to taste.

Scramble the eggs with the mushrooms.

6. When cooked, divide the mixture between the pieces of bread. Sprinkle each savoury with a little of the remaining cheese. Also a pinch of paprika or cayenne pepper can be sprinkled on each one now if you want.

7. Place on tray, into oven until golden on top. Serve.

TOMATOE FRENCH TOAST

4 eggs
60ml milk
60ml tomatoe paste
pinch cayenne
salt and pepper to season
enough bread for $\frac{1}{2}$ slice each
50g butter.

1. Beat the eggs lightly with milk, tomatoe paste and cayenne and season to taste.
2. Cut the bread diagonally into $\frac{1}{2}$ s and place into a shallow dish with the egg mixture until it is soaked up.
3. Melt the butter in a frying pan and fry the bread until it is golden brown on both sides, turning once.
4. Drain on absorbent paper and serve immediately.

NB To make sweet french toast omit the tomatoe paste and seasoning and add extra 60mlrnilk to the egg with a few drops vanilla essence.

Of course whole pieces of bread can be used. Just double quantities.

CHEESE AND HAM SAVOURY

- 1 slice tomatoe french toast (page 19) per person
- 1 slice ham per person
- 1 slice cheese per person
- 2 chunks of canned or fresh pineapple per person

1. Top each piece of toast with a slice of ham, then cover with a think slice of cheese.
2. Decorate with the pineapple and serve.

SCOTCH WOODCOCK.

- 1 slice tomatoe french toast (page 19) per person
- 1 egg per person lightly scrambled.
- 2 sardines per person.

1. Place lightly scrambled egg onto each slice of toast.
2. Place the sardines in a criss cross pattern across the egg. Serve.

CHEESE AND ALE SAVOURY.

300g grated cheddar cheese
150ml of beer or strong ale
15ml made mustard (mustard powder mixed with water)
pinch sugar (prefer brown)
1 slice buttered toast per person
45ml chopped onions (spring onions if available)
15ml chopped green pepper (capsicum).

1. In a bowl, mix together the grated cheese, ale, mustard and sugar. Heat in a saucepan until the cheese melts, stirring all the time.
2. Spread the mixture over the buttered toast and sprinkle with the chopped onion and pepper.
3. Serve

For different flavours experiment with different cheeses.

CHICKEN PATE

200g butter or margarine
1kg boneless cooked chicken
500g cooked pork (if available)
500g cooked ham (canned if no pork)
4 cloves garlic crushed.
6 spring onions (if available)
2 med onions (finely chopped - 4 if no spring onions)
2 bay leaves
½ teaspoon thyme
1 teaspoon salt
pepper to taste
4 eggs
2 tablespoons flour
¼ cup brandy (if available)

1. Make sure the butter or margarine is soft.
2. Mince or chop very finely the chicken, pork and ham.
3. Add the onions, garlic, parsley, bay leaves, thyme to the meat. Season with salt and pepper.
4. Lightly beat the eggs and add to meat mixture. Stir in flour, butter and brandy until well combined.
5. Line a suitable container (bread tin) with foil. Add mixture. Press down and cover with foil.
6. Pre-heat oven so that it has moderate heat.
7. Place the tin in a pan filled with enough hot water to come 2/3rds up the side.
Cook for 1 hour in oven.
8. Remove from the oven. Take out of water to cool. Place a weight on top to press down.
9. Try to allow to cool overnight before slicing and serving.

LIVER PATE

2½kg liver (or any offal at all)
500g lard or butter
good pinch ground cloves
2 desertspoons chopped parsley (if available)
salt and pepper for seasoning.
5 tablespoons port wine (or any red wine)
5 tablespoons water.
1½ bay leaves.
Flour and water paste to seal.

1. Fry liver until brown in a little lard.
2. Mince liver and mix with cloves, parsley, salt and pepper (onion could be mixed too).
3. Moisten with port wine and water.
4. Put mixture in a suitable dish (bread tin lined with foil), pressing down firmly.
5. Place in a pan of water so that the water is 2/3 up the side.
6. Cover the mixture with a thin layer of lard, stick the bay leaf on top and seal the edges with the flour, water paste.
7. Place in a fairly hot oven and cook for approx 3½hrs.
8. Allow to cool and serve cold.

BOTATOE SALAD

1½kg potatoes

150g parsley (optional)

100g onions chopped

french dressing (page 175)

mayonnaise (page 174)

vinegar

salt and pepper to season.

1. Scrub potatoes and boil them in their jackets until tender.
2. Peel potatoes while still warm and cut into dice.
3. Place into plastic basin, add french dressing and chopped onion. Allow to stand.
4. Add the mayonnaise and gently stir.
5. Correct consistency if necessary with a little vinegar. Serve with chopped parsley. Sprinkles over.

POTATOE AND APPLE SALAD.

Same as page 26 plus 1kg apples.

Celery can be used instead of apples.

CAULIFLOWER SALAD

1. Cauliflower

french dressing (page 175)

1. Break cauliflower into small sprigs.
2. Wash them, boil in salted water until soft.
3. Drain, place into a bowl and while still warm, pour over dressing.
4. Cool and serve.

NB To keep cauliflower white, add a lemon cut in halves when boiling.

COLESLAW

1 large cabbage
1 onion chopped finely
2 carrots grated.
mayonnaise (page 174 for mock mayonnaise)
1 pepper or capsicum (optional) chopped.

1. Shred cabbage as finely as possible.
2. Add all the onions, carrots and capsicums.
3. Add mayonnaise enough to bind the salad together.
4. Salt and pepper to season.

Note French dressing (page 175) can be used.

TOSSED SALAD

2 lettuces washed and broken up.
1 cucumber (sliced)
8 tomatoes (quartered)
1 capsicum (sliced)
1 onion (sliced into rings)
1 carrot (cut into straws)
½ bunch celery (cut into pieces)
french dressing (page 175).

1. Place all into bowl or pot
2. Pour over dressing.
3. Serve as quickly as possible.

NOTE

All the above things are optional in a tossed salad.

RICE SALAD

500g cooked rice

4 tomatoes (diced)

200g peas (1 can)

french dressing

salt and pepper to season

2 diced onions

2 carrots grated

1. Mix all the ingredients and pour over dressing. Season and serve.

FISH SALAD

2 cans tuna (drain and flake)

4 hard-boiled eggs (diced 6mm)

1 cucumber (diced 6mm)

1 lettuce (shredded)

Mayonnaise (page 174)

Salt and pepper to season

1. To the lettuce add egg, cucumber and fish
2. Add mayonnaise and correct seasoning
3. Serve, Can be decorated with more lettuce

MACARONI SALAD

500g macaroni (cooked, cold and drained)

Any vegetables

Tomato paste

Chicken stock cubes or chicken noodle soup

salt and pepper to season.

1. Dice the vegetables
2. Add vegetables to macaroni. Put in tomato paste and add crushed stock cubes.
3. Season and serve.

NB: Diced meat can be added, and if no tomato puree use tomato soup.

Add a bit of paprika or cayenne to give it a bit of a zip...

BAKED FILLETS OF FISH

1 x 4oz Fish fillets per person
Flour for dusting
300Gms margarine or butter
Salt for seasoning

1. Wash the fillets
2. Grease a baking dish with margarine or butter. Dust the fillets with flour and arrange in the baking dish. SKIN SIDE DOWN.
3. Melt the remainder of the margarine/butter and sprinkle on the fillets. Season with salt and pepper and bake in a hot oven for a maximum of 15 minutes.
4. Serve with lemon wedges.

NB Another way is to

1. Melt the margarine plus add some oil and lemon juice
2. Dust the fillets in the flour then dip into the margarine, oil and lemon juice. Place skin side down onto tray
3. Cook in Oven.

DEVILLED FISH

Lemon Juice

- 3-4 onions thinly sliced
- 2 small can or jar anchovy or fish paste (optional)
salt and pepper
- 3 - 4 peppers sliced thinly
- 4 cups plain yogurt.

1. Trim fish as required
2. Rub with lemon juice and spread with paste
3. Place in foil cups
4. season with salt and pepper top with onions and peppers and yoghurt.
5. Close foil and cook over coals 10 - 12 minutes turning occasionally. Open foil
6. It's cooked when the fish flakes easily.

FRIED FILLETS OF FISH - CRUMBED

Same as for batter, but instead of batter = dip fish into flour, milk, egg wash and crumb
The fish can either be deep fried or shallow fried. The best is probably deep fried.

OUTDOOR BAKED FISH

Oil or melted butter
salt, pepper, lemon Juice
Chopped Tomatoe

1. Top Fish with above
2. Wrap in foil to make a package
3. Wrap in foil to make a package
3. Cook over coals turning part way through
4. Open foil and test with fork. Fish is done when it flakes

FRIED FISH FILLETS IN BATTER

1. Fillet per person (aprox 250 g each)
Batter (page 166) enough to do amount of fish
Flour for dusting
Salt to season Oil or fat for frying

1. Season the fish, dust with flour and drop into Batter
2. Take out of batter and pass between fingers and thumb to remove excess surpluss batter
3. Lower into hot deep fat and fry until crisp**
4. Remove and drain and serve
5. To keep hot , do not cover and don't make more than one layer of fish.

Note** When the fish floats on the surface of the fat, it is cooked.

FISH CAKES

- 2.5kg peeled potatoes
- 3 Cans canned tuna or salmon
- 5 eggs
- bread crumbs
- ½ cup parsley chopped (optional)
- 2 large onions chopped
- flour
- Salt and pepper to taste
- Milk

1. Cook and dry mash the potatoes
2. Add the drained fish, seasoning onion, parsley and mix well. If it's too moist to mould into cakes add a little flour and crumbs to bind.
3. Mould into 150gm size cakes (approx)
4. Place into the flour Milk** and into the bread crumbs ** (The eggs are beaten into the milk)
5. Fry in hot deep fat, drain and Serve.

Note A The crumbs, flour and milk quantities depend on the amount to be crumbed.

B A good thing is to mash your potatoes at lunch for an evening meal as the dish is a lot easier to prepare with cold potatoe.

C If formed into a sausage shape before crumbing, you have made croquettes!

FISH SWEET AND SOUR

1. Fish fillet per person (approx size 250 gms each)

Flour for dusting

Oil or fat for frying

Batter (page 166)

Salt to season

Sweet and sour sauce (page 178)

1. Wash the fillets of fish, drain and cut into neat pieces (like finger size).
2. Dust in flour and into batter
3. Deep fry and drain
4. Serve on a bed of rice and pour over sweet and sour sauce.

POACHED FILLETS OF FISH

1. Fish fillet per person

lemon juice

salt to taste

1. Arrange the fillets in a suitable dish, sprinkle with lemon juice, season and barely cover with cold water.
2. bring to the boil, cover with alfoil and poach in a moderate oven for 6 to 8 minutes.
3. Remove the fillets, drain well and place onto serving dish.
4. The fish should be served with a sauce like parsley sauce (white sauce (p 180) with chopped parsley) or white onion sauce (page 180)

FISH PIE

** Using canned fish. Prefer one that's in a Tomatoe sauce, ie Herrings.

Use 4-6 cans Fish depending on numbers.

2 large onions diced

Tomato soup either can or powder

Short Pastry (page 167) or mashed Potatoe.

1. Mash Fish in a bowl. Add onion

Make up soup add to fish making sure the end result isn't too sloppy

3. Place into a suitable dish and cover with the pastry or mashed Potato

4. Egg wash pastry and cook in a hot oven until brown.

NB. A good meal for a change when you have run out of things to do with truck supplies. Other vegetable could be added if required.

TUNA OR SALMON MORNAY

4-6 cans tuna or salmon (not oil based)

2 large onions diced.

quantity of white sauce (page 180)

grated cheese

slice tomatoe.

1. Drain fish and place in a suitable dish.
2. Add onions.
3. Add white sauce make sure the dish hasn't become too sloppy.
4. Cover with grated cheese and decorate with sliced tomatoe.
5. Bake in a hot oven until brown.

Sweetcorn or other veges can be added to the fish.

KEDGEREE OF FISH

5 cans tuna
10 eggs
750g rice
125g butter
salt and pepper for seasoning, thyme.
125g onions finely chopped.
2L white stock (page 1)
250g cheese grated.

1. Stew the onions in half of the butter until tender without colouring.
2. Add the rice and warm thoroughly.
3. Add the stock, seasoning and bring to boil.
4. Cover with buttered grease proof paper, put on the lid and cook in moderate oven for 17 mins.
5. Remove the lid and paper, add the butter and let stand 10mins.
6. Hard boil the eggs and coarsley dice.
7. Open cans of fish. Drain well.
8. Lightly fork the fish and eggs into the rice. Re-cover with the paper and lid.
Re-heat.

Diced veges could be added to (or at) No 4...

AMERICAN FISH PIE

5 cans salmon or tuna (drained)
1.5 L of white sauce (page 180)
75gm grated cheese
Pepper and salt to season
125gm butter or margarine
2kg mashed potato
10 eggs (yolks)

1. Mix white sauce, cheese, pepper and salt and fish in a pot and heat gradually
2. Melt the butter in another saucepan, add potato, egg yolks, pepper and salt and stir over heat until thoroughly hot.
3. Line the bottom and sides of well buttered pie dish thinly with mashed potatoe, put in prepared fish and cover with rest of potatoe.
4. Smooth surface and brush with egg and sprinkle with grated cheese.
5. bake in a moderate oven until brown. Serve hot.

NB If using salmon remove the bones. Cold chopped chicken could be used instead of Fish too.

SALMON IN A BLANKET

- 5 cans salmon or canned fish
- 1½ teaspoons salt
- ½ Teaspoons dry mustard.
- 10 tablespoons lemon juice
- short pastry (page 167)
- chopped parsley (if available)
- vinegar

1. Make pastry using vinegar in place of the water. Plus mix in the parsley.
2. Empty the fish into a bowl. Remove bones if any. Add salt, mustard (if desired) and lemon juice. A finely chopped onion could be added too.
3. Roll Pastry into an oblong shape.
4. spread with fish mixture and roll up as tightly as possible.
5. Place on a tray and bake in a hot oven for 20-25 minutes.
6. Remove, slice up into required amount of serves.
7. Serve with a sauce (parsley)

NB A good entree. or use as a main course with vegetables. If using as a main course try to make the size of things like about 3" long (like a sausage roll)

SALMON PUFFS

5 cans salmon or tuna
225gms self raising flour
5 eggs
salt to season and cayenne to season
350ml milk
10 teaspoons lemon juice
chopped parsley (if available)
oil for frying

1. Mix flour with the beaten egg, gradually add the milk, then fish.
2. Season with salt, cayenne pepper and lemon juice
3. Fry small spoonfulls in very hot oil until evenly browned.
4. Remove, drain and serve. Serve with parsley sauce or tartare sauce
Cocktail sauce (pages 180-179).

PIGS IN BLANKET

20 sausages (fresh or canned)

4 cups water

1.5kg scone dough (page 132)

6 apples

6 tablespoons brown sugar (white is alright)

1. If fresh sausages boil in water for 5 minutes, drain.
2. Roll dough about $\frac{1}{2}$ " (1 cm) thick and place onto a tray, or trays.
3. Wash and core apples, cut into wedges and dip in sugar.
4. Press sausages and apples into dough.
5. Bake in moderate oven 25-30 minutes.
6. Cut into 6.5cm $2\frac{1}{2}$ " squares. Serve with vegetables and maybe gravy.

NB Something different to do with sausages.

YUMMY BALLS

2kg Mince or 6 cans salmon, tuna (large ones)
5 cups uncooked rice
5 cups soft bread crumbs (fresh bread crumbed by hand, no crusts)
5 small onions (chopped finely)
5 eggs (well beaten)
salt and pepper to season
.5L tomato soup (either packet or page 3)

1. Mix all ingredients except the soup, using the hands is the best way. Shape into balls about the size of a golf ball... Pile the balls into a well greased casserole or deep tray.
2. Pour over the tomato soup
3. Cover with foil and bake in a moderate oven for about 1 3/4 hours.
4. When done the rice is puffed up and is sticking out decoratively, and the soup and meat juices have combined to make a sauce.

NB You may have to add more liquids, ie soup if using dehyd mince. Check anyway, after about 1 hour. Water could be added too. You better check on fresh mince too.

CHICKEN PIE

- 4 kg chickens
- 2 onions diced
- 4 carrots diced
- 2 capsicums diced
- ½ stick celery diced (if available)
- mushrooms (optional)
- pastry short (page 167)

1. Boil chickens until cooked, cool and keep some of the stock for the sauce.
Strip the chicken from the bones.
2. Boil the vegetables in the stock and thicken using either the Ro (page 176) or flour and water (on page 176).
3. Place the chicken into a suitable dish. Add sauce and cover with pastry.
4. Cook off in oven until brown.

NB A good way to use Dehyd chicken is to put it into a pie. A good change.
A potatoe top can be used with this dish too, instead of pastry.

PORK OR BEEF OR CHICKEN CHOW MEIN

3kg chicken or pork or beef finely chopped

1 cabbage shredded

3 onions sliced

½ celery sliced

2 capsicums sliced

3 carrots sliced

corn flour

garlic crushed

oil or fat for frying

salt and pepper for seasoning

soy sauce

chicken stock cubes crushed

rice for serving with

1. Boil off chickens, cool and shred from bones.
2. Place oil into pot and heat. Add garlic
3. Add onions, celery, capsicums, carrots and fry off.
4. Add Chicken, seasoning, crushed stock cubes.
5. Add a little water then cabbage
6. Mix cornflour with little cold water
7. When the dish is hot mix in the cornflour to thicken add soy sauce for flavour and seasoning.
8. Serve on rice or noodles.

NB Re constituted de-hyd chicken could be used. See Packet.

TUNISIAN BAKED CHICKEN

- ¼ chicken per person (5 birds)
- 10 tablespoons plain flour
- ground pepper (if available)
- 5 tablespoons oil
- 5 chopped onions
- 5 cloves garlic crushed
- 3 teaspoons cumin
- 2 teaspoons paprika
- 1½ cups chicken stock or wine (water and stock cubes will do)
- 5 tablespoon lemon juice
- 20 slices (thinly) lemon
- 2 cups sliced stuffed olives (optional if available)
- parsley (if available).

1. Cut chicken into ¼s and dry
2. Season flour with pepper. Cover the chicken with the flour and shake off excess.
3. Heat oil and brown chicken off. Add onion, garlic, cumin, paprika. Cook until onion is soft.
4. Add stock or wine and the lemon juice. Arrange the chicken so each piece is individual (not on top of each other). On top of each piece place slice of lemon.
5. cover and bake in oven for 25 minutes. Uncover, add olives and continue baking until chicken is tender.
6. Sprinkle with parsley and serve.

NB Black olives could be used. The olives add the flavour.

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CHICKEN AND APRICOTS

¼ Chicken per person

1 A10 can apricot halves

Creamy french onion soup (pkts or make yr own - pg 2 -)

2 Tablespoons chopped chives (optional)

Water.

1. Make soup using liquid from apricots plus some water.
2. Arrange the ¼ chickens in a suitable pot for a casserole.
3. Pour soup over the chicken and add chives.
4. Cook in moderate oven for approx 1 hour or until chicken is tender. Might have to be covered with foil.
5. Remove from oven and add apricots then serve.
6. Serve with jacket potatoes and tossed salad if desired.

HAM SANG CHOY BOW

750 g Ham chopped or cold boiled slivered chicken (spam)
3 green capsicums, seeded chopped
2 cloves garlic crushed
3 large onions chopped
7 tablespoons veg oil
3 tablespoons soy sauce
2 teaspoons ground ginger
2 teaspoons cornflour
tablespoons cold water.

1. heat oil in frying pan, add garlic onion and vegetables for stir fry. Cook until soft.
2. Add remaining ingredients except cornflour - water. Stir fry approx. 5 mins or more.
3. Blend cornflour and water. Add to pan and cook until bubbly.
4. Serve immediately.

NB This is supposed to be served in crisp lettuce leaf cups. But could be served on noodles or rice.

Other vegetables like carrots, celery could be added too.

COTTAGE PIE

- 3 - kg mince
- 2 onions diced
 - various vegetables that are available diced (optional)
- 2kg Potatoes mashed.
- Salt and pepper for seasoning
- Oil for frying
- A little melted margarine

1. Oil into pot and add onions and vegetable. Fry off. Add mince and fry.
2. Add little water and cook off until tender. Thicken (page 176) (flour & water). Season.
3. Place into a suitable dish and cover with potatoes. Brush with margarine.
4. Put into a hot oven until brown.

NB A good Place to use dehyd mince. Also cold cooked meat can be used instead of fresh or dehyd mince. Either finely chopped or minced.

BEEF GOULASH

4 kg diced beef or lamb, goat, camel

500g Tomatoes diced

Garlic to taste crushed

Seasoning (salt and pepper)

Oil or dripping

1kg onions diced

1kg carrots diced

3 tablespoons paprika (more if wanted)

1.5kg potatoes. Peeled - diced

Small can tomatoe puree or paste

1. Oil into pot, fry off meat and garlic then add water to just cover meat.
2. Cook off until the meat is soft but not cooked.
3. Add paprika, onions, carrots and potatoes and finish cooking off. Stir in Tomatoe paste.
4. Thjicken and season
5. Serve with macaroni or mashed potato.

BEEF RISSOLES OR MEATBALLS OR HAMBURGERS

4kg mince

2 large onions diced

3-4 eggs

flour

salt and pepper for seasoning

dash tomatoe sauce

dash worcestor sauce

1. Mince in Bowl. Add onions and eggs.
2. Mix thoroughly in with seasoning and sauces.
3. Add flour to bind so that the mixture isn't sloppy but fairly firm.

NB For rissoles dip hands in a little oil and make into balls about 1½" in diameter. or about 100g in weight. Place into tray and cook in oven. Serve with gravy, tomatoe, onion sauce etc. Allow 2 per person for hamburgers same as rissoles but flatten into a burger. Fry in pan or BBQ/

For meatballs same as rissoles but only 50g balls. Cook in oven then add to cooked spaghetti with grated cheese and tomatoes and onions.

** Dehyd mince can be used. Reconstitute as per packet.

BRAISED STEAK AND VEGETABLES.

1 piece of Stewing steak per person or chops.

1 kg onions diced

1 small can tomatoe puree

6 Beef stock cubes, crushed

½ kg carrots diced

½ kg parsnips diced (optional if available)

½ bunch celery diced

2 capsicums

salt and pepper to taste

1. Season steak and fry on both sides in hot pan. Place into suitable dish.
2. Fry off carrots, onions, celery, parsnips and celery.
3. Place vegetables in with the meat, add tomatoe puree, stock cubes with a bit of water and cover the meat.
4. Bring to the boil, cover with a lid or foil and cook in a slow oven until tender.
5. Drain the liquid, reboil and correct the seasoning and consistency, pour sauce over the steaks and serve.

NB Chops can be used too. Lamb, goat etc.

BROWN STEW

- 3 kg Beef diced or diced lamb, goat
- oil or dripping for frying
- ½ kg carrots diced
- ½ kg onions diced
- ½ bunch celery diced
- 3 capsicums diced
- any other vegetable in season
- salt and pepper for seasoning
- 1 small can tomato puree
- 6 beef stock cubes crushed.

1. Fry the meat in oil in large pot or pan to seal the meat. Place into Pot.
2. Add all the tomatoe puree, cover with water and put in the stock cubes. Boil
3. When the meat is nearly cooked add the veges . Cook until veg and meat are tender.
4. Skim off any fat, correct seasoning and consistency.
5. Dumplings can now be added just before serving.

Dumplings see page 165

NB Using lamb or goat don't use tomatoe puree or stock cubes. Thicken with flour and water, you have Irish stew.

BEEF STEAK PIE OR LAMB PIE

3 kg Beef diced or diced lamb
750g Onions diced
1½ L water
6 Beef stock cubes crushed
short pastry (page 167)
salt and pepper for seasoning

1. Mix the meat and onion together. Place in a pot. Add water and stock cubes. Cover with the lid or foil. Boil until tender. Check occasionally to see it's not dry.
2. Remove check seasoning and consistency.
3. Place into a pie dish or suitable container. Cover with pastry
4. Egg wash pastry allow to stand 5-10mins. Place into oven, cook until brown and the pastry is cooked.

Vegetables can be added too or mushrooms or kidneys.

For lamb and green pea pie add peas either canned or dehyd.

6.3

SAVOURY MEAT LOAF

3 kg mince

500g Carrots diced finely

Peas large can or $\frac{1}{2}$ pkt dehyd (100g)

2 eggs

6 Beef stock cubes crushed.

Good dash tomatoe sauce, worcestershire

Salt and pepper to season

Flour.

1. Mix the mince, vegetables, stock cubes, sauces, eggs and salt and pepper
2. Add flour to mixture so that the end result is that the mix isn't sloppy and will hold together.
3. Form into either one large or two small loaves. Place onto a greasy tray. Preferably a tray that has sides as the fat in the mince will come out.
4. Place into the oven, covered with foil and cook approx $1\frac{1}{2}$ hrs.
5. Take out drain, slice and serve.

NB Dehyd mince can be used re constitute as per packet. Maybe add some crushed bread to soak up some of the moisture.

CURRIED LAMB OR BEEF (goat, camel)

- 3 - 5kg diced lamb or beef or whatever...
- 12 tablespoons oil or butter
- 4 large onions, chopped. 4 large apples chopped.
- 6 tablespoons curry powder.
- 4 carrots chopped large dices
- ½ stick celery if available
- 3 capsicums too, both chopped
- 4 bay leaves
- 4 cups stock or water

Rice for serving on

Corn flour blended in little cold water for thickening.

1. Brown the diced lamb in the hot oil or butter.
2. Add onion apple, curry powder, carrots, celery, capsicums, bay leaf, plus salt to taste.
3. Cover the meat with the stock or water and cover with a lid and cook gently until the meat tender. Adding more stock if required.
4. Thicken with the cornflour or if no cornflour a mixture of plain flour and water.
5. Serve on rice

Note: sultanas and chopped pineapple plus coconut can be added to the curry before serving.

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SPAGHETTI SAUCE, LASAGNE SAUCE SAVOURY MINCE OR CURRIED MINCE

3kg mince

500G Onions Diced finely

500g carrots diced finely

Any other veges that are available

500g potatoes diced finely

salt and pepper to season

Dash tomatoe and worcestershire sauce

6 beef stock cubes crushed .

1L water

1. Mix meat, vegetables, stock cubes, sauces. Add water to form a reasonable liquid "mess"
2. Boil on fire until meat is cooked, check consistency and seasoning.

NB This dish can be served with a border of mashed potatoes , or as a garnish for spaghetti. (add garlic and crushed tomatoes and tomatoe puree)
Or on rice, add garlic and curry powder.

Also can be used for lasagne by adding garlic, tomatoes and tomatoe puree.
Alternqtive layers of meat, lasagne, grated cheese. Place into oven and cook for approx 1 hour.

LAMB OR BEEF HOT POT

4kg diced meat

2kg potatoes sliced 1/8 " thick

1 kg onions sliced

water - stock cubes to make stock

salt and pepper to season

1. Grease the baking tray or large frying pan, place a layer of onions and potatoes in the bottom.
2. Season the meat and place into the tray on top of the onion and potatoes. Cover the rest of onions.
3. Cover with the remainder of sliced potatoes arranging the top layer neatly overlapping.
4. Half fill with stock and bring to the boil
5. Paint the top with melted butter.
6. Place into a moderate oven to bake. approx 1½ hrs
7. Press down with a slice at intervals
8. Remove surplus fat from surface before serving.

ROASTING Takes a lot of time but much appreciated

CHICKENS take about 1½ hrs for 1kg piece chicken gravy

Beef Takes about 2 hours for a 2.5kg piece. Place the meat on a couple pieces of bone to make it easier for the cleaners.
Serve with Yorkshire pudding (page 164)

LAMB or GOAT Takes about same as beef. Shouldn't be red when stuck. Same for beef and pork. Serve with mint sauce and gravy.

PORK Takes a bit longer than the other roasts. Serve with gravy and apple sauce.

NB. If the lamb or goat can be boned out and rolled they will cook quicker. Helps if you have a cook or butcher who knows what to do. Cotton twine is a pre-requisite for this operation.

CRUMBED SAUSAGES

2 each sausages (either fresh or canned)

Bread crumbs

Egg wash

Flour

1. Blanch the sausages by placing them in cold water and bring to boil slowly.
2. Remove and plunge into cold water. Remove skins.
3. Pass through flour, dip in egg wash and roll in bread crumbs.
4. Deep fry to golden brown.

NB If using CANNED SAUSAGES ie either HOT DOGS or FRANKFURTERS. you may find that they have no skins. If so just start on No 3.

Instead of crumbing you could use a batter (page 166) Start by same method as above but after "into flour" then into batter. Hot dogs and frankfurters can be battered too, start at No 3.

CRUMBED LAMB CUTLETS or GOAT

2 lamb cutlets per person

egg wash

bread crumbs

flour

salt and pepper to season

1. Trim flatten and season the cutlets.
2. Pass the cutlets through flour, egg wash and bread crumbs, pat the cutlets to make sure the crumbs adhere.
3. Gently fry (shallow) to a golden brown on both sides.
4. Serve with a good gravy.

NB The thinner the cutlets are flattened the better and easier it will be to make sure they are cooked .

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BRAISED SAUSAGES

2 per person

500g onions sliced

water - stock cubes to make a stock

flour

oil or dripping

salt and pepper.

1. Blanch sausages and peel, roll in flour and fry off.
2. Lightly fry onions in oil, add flour to make a roux.
3. Slowly add stock and simmer for 10 mins.
4. Add sausages and simmer for 30mins, season and serve.

NB Quicker way is too boil sausages carefully. Make a gravy (179). Fry onions off combine both the sausages, onions and gravy. Put into oven for a few minutes. Serve.

Veges can be added too.

And canned frankfurters, sausages can be used.

SPAM, CORNED BEEF, FISH, HAM CROQUETTES

2.5kg potatoes (cold and mashed)
2 onions (finely diced)
500g Ham or corned beef, spam etc (finely chopped)
Bread crumbs
flour
oil for frying
6 eggs (4 for eggwash 2 for mix)
salt and pepper to season.

1. Mix potatoes, onions ham together.
2. Add eggs and a little flour so that the mix is workable. Season too.
3. Form into sausage like creations.
4. Then proceed to crumb by dipping into flour, egg wash and into crumbs.
5. Fry in hot oil until golden brown.

NB Crushed cornflakes can be used in lieu of bread crumbs.

Patties can be made too (hamburger shape)

BACON AND EGG PIE

Short pastry (enough to line trays or pans)

2 doz eggs (depends on size of tray etc)

500 g Bacon (diced finely)

1 litre milk

cayenne pepper to season

1. Line the required tray or pan or large frying pan.
2. Chopped bacon can be placed into pastry after it has been lightly fried.
An onion can be put in too, if wanted.
3. Beat together eggs, milk, and pepper.
4. Pour the egg mixture over the bacon. Place into a moderate oven and cook until the egg sets.

NB Various fillings can be used instead of bacon, ie spam, cheese, onion, ham and tomato, spinach.

PASTIES

1kg meat (fresh mince, de-hyd mince, spam, bacon, ham, even corned beef!!!)
 1.5kg short pastry (page 167)
 2 onions (finely chopped)
 500g carrots (grated)
 150g potatoes (grated)
 salt and pepper to taste.

1. Fry off the mince if it's fresh (if using any canned meat DON'T DO IT) Drain and cool.
2. Mix the veges and meat together and season.
3. If you haven't already make the pastry and roll out 1/8 thick.
4. Cut into 4" rounds and wet the edges. Place approx 2ozs of the mixture into centre.
5. Fold over, press the edges together, crimp the edges with a fork, brush with a little milk, place onto a tray and bake in hot oven approx 25mins.

NB If using canned meats either chop it finely or crumble into small pieces.

****A good cutter is a A10 size fruit can. Take top right out then cut $\frac{1}{2}$ way around bottom. Push the cut part down and under the non-cut piece to make a handle.

FRITTERS

1.5kg plain flour
3 teaspoons baking powder
4 eggs
1L milk
oil for frying
salt and pepper to taste
1kg ingredient to be used.

1. Make a thick batter with the flour, eggs and milk.
2. Season well and add your ingredient.
3. Drop spoon fulls onto a greased frying pan or bbq plate.
4. Turn over when 1st side is brown and serve when both sides are golden brown.
Check that the insides are actually cooked.

NB You can use grated cheese (1kg) if you use anything else you probably won't want too much. Say about 3-4 cans of meat or sweetcorn. Couple of finely chopped onions can be added too for more flavour. The meat has to be broken up finely too.

MACARONI AU GRATEN

1kg macaroni

3L white sauce (page 180)

500 g cheese grated.

1. Cook the macaroni in boiling salted water.. approx 15-20mins.
2. Drain and rinse a little.
3. Place into suitable tray, pan or container.
4. Mix in $\frac{1}{4}$ of the cheese, add white sauce and mix thoroughly.
5. Put the rest of the cheese on top.
6. Place into an oven to brown.

NB Diced ham and tomato can also be added before the sauce is put over the macaroni.

RICE — A hit and miss affair — all depends on rice quality on how long it takes to cook...

BOILED

1. Put rice into rapidly boiling salted water. Stir until it comes back to the boil.
2. Allow to boil steadily for 17 minutes or until it's cooked — depends on quality.
3. Refresh by running cold water through the rice, which has been turned into a colander until the water runs clear (removes starch) Drain well.
4. To reheat pour boiling water over it, or place in a creased tray and into the oven.

FRIED

1. Boiled rice that is cool and dry
2. Fry off any vegetables to hand that have been finely diced. (onions, carrots, celery, capsicums etc)
3. Add any cold meats that are on hand that also have been chopped finely.
4. Add rice now, when it is warm, make a well and drop in a couple of eggs. When egg is nearly cooked stir up and mix into rice.
5. Stir in soy sauce and seasoning. SERVE.

STEAMED RICE

1. Heat oil in a pot. Wash rice in cold water twice before starting.
2. Fry off rice
3. Then for every cup of rice put in 2 cups of water. Cover and place in oven until rice is cooked. 25 mins or so. Check.
4. Can also be done on stove top. Bring water to boil. Then take off stove, cover and stand 20 mins.

NB The cover has to be a good seal. Foil.

NOODLES FRIED

500g plain flour
2 eggs
qty water
qty vinegar

1. Combine ingredients to make a pliable dough
2. Rest for 15 minutes
3. Roll out to paper thickness, rest and allow to dry
4. Cut in fine strips and allow to dry
5. Fry in oil or lard till golden brown.

NOODLES BOILED

1 kg Noodle paste (above)
500g margarine
grated cheese

1. Roll out the noodle paste into thin sheets 1/16" thick
2. Place on grease proof paper, dry for 30 minutes.
3. Roll up and cut into 1/4" strips. Toss to loosen strips.
4. Cook in boiling salted water for 10 minutes, refresh in cold water and drain well.
5. Heat the margarine in a shallow saucepan until it ceases to bubble. Add noodles. season and toss together until thoroughly heated. Serve sprinkled with cheese.

SAUSAGE ROLLS

Fresh sausage mince or sausages or canned hot dogs or frankfurters.

Short pastry (page 167)

egg wash.

NB1. If using sausage mince, dice an onion and add a bit of salt and pepper. Mix well.

1. Roll out pastry.
2. Place long lines of meat along one edge
3. Egg wash roll and cut off. Proceed next line until all pastry has been used.
Cut off into approx 3½" lengths. Egg wash top. Prick with fork. Cook in oven.

2. If using fresh sausages. Take skin off and proceed as No 1. No onion.

3. If using canned sausages peel skins off (if there is any).

4. De hyd mince could be used if it's very well bogged up to a thick mince and as dry as possible. This could be done by adding bread crumbs or bread and flour etc.

Worth a try...

CABBAGE ROLLS

Large cabbages.

Fresh mince or dehyd mince (see below)

Salt and pepper for seasoning.

Onion chopped

Carrot grated (optional)

1. Boil whole cabbage (cut stem out before placing in pot) Do not over cook just so that the leaves peel off easy.
2. Mix meat with veges and seasoning.
3. With cabbage leaves place about 50g of meat inside and roll up. Taking care to make sure the meat is wrapped good.
4. Place in tray. Pour a tomato and onion sauce over top so that the rolls are covered and place into a mod oven.

NB De-hyd mince can be used. See opposite page and try to "bogg" it as much as possible so that it isn't sloppy.

For the tomato sauce use tomato soup mix.

HUNGARIAN GOULASH

3kg diced beef.

2 large onions (chopped in large dice)

6 large carrots (same as onions)

paprika 3 capsicums

1 large tomatoe puree or paste.

salt and pepper to season

Garlic crushed.

1. Fry off meat with garlic. Place into pot cover with water.
2. Bring meat to boil and add paprika and tomatoe dpuree.
3. When meat is nearly cooked add vegetables, correct seasoning and thicken when cooked.
4. Serve with macaroni.

Note Other veges can be added.

PASTA WITH BASIC TOMATOES AND CHEESE.

- 8 medium tomatoes coarsely chopped.
- 4 cloves garlic crushed.
- 1 cup fresh basil chopped ($\frac{1}{2}$ cup dehyd basil)
- 2 tablespoons fresh chopped mint. (or dehyd mint)
- 2 teaspoons salt
- 1 teaspoon black pepper corns.
- $\frac{1}{2}$ teaspoon crushed red pepper
- 1 cup oil
- 1kg macaroni shells.
- 1 cup grated parmesan cheese (if available)
- 500g finely diced cheddar cheese.

1. Toss together tomatoes, garlic, basil, mint, salt, pepper. Red pepper and oil in a bowl. Allow to stand at room temperature tossing occasionally for two to three hours.
2. Cook macaroni as per instructions until tender. Drain and transfer to serving bowl.
3. Measure $\frac{1}{2}$ cup of the liquid from tomatoes. Add to paste and toss gently to coat.
4. Add cheeses to warm pasta and toss until cheese begins to melt. Now add tomatoe mixture and toss until mixed.
5. Serve warm or at room temperature.

POTATO MOUSKI

3 kg mince (either fresh or hehyd)
8 tablespoons shortening (oil or fat)
12 small onions (finely chopped)
12 tablespoons white wine (if available)
1 cup water
salt and pepper to season
8 eggs (beaten)
4 tablespoons grated cheese
4 tablespoons chopped parsley (if available)
4 tablespoons tomato sauce
good pinch nutmeg
16 tablespoons bread crumbs
20 medium potatoes (peeled cut into 3mm (1/8) slices)
butter

1. Fry off meat in shortening, with onion until lightly browned.
2. Add wine, water, salt, pepper. Simmer 1 hour or until meat is tender, or pressure cook 20-25 minutes.
3. Stir in eggs, cheese, parsley, tomato sauce, nutmeg and $\frac{1}{2}$ the bread crumbs. Mix well.
4. Grease an oven proof dish, coat with remaining bread crumbs.
5. Arrange layer of potatoes in bottom of dish, cover with meat, repeat layers until all meat is used. Finish with a layer of potatoes.
6. Dot top with butter, bake in moderate oven over $\frac{3}{4}$ hour or until potatoes are tender.

TOMATOE CONCASSE

1,5 kg tomatoes
2 large onions
oil to fry onions
salt and pepper to season

1. Cut tomatoes into dice
2. finely chop onions and lightly fry in the oil. Add chopped tomatoes and season.
3. Cook until most of the liquid has evaporated. Tomato puree can be added for extra flavour.
4. Tomatoes cooked in this manner can be used as a garnish for sauces etc. Makes an excellent breakfast dish

NB If you add some mushrooms and red wine you have a good chasseur sauce
plus some crushed garlic
Serve with roast chicken or steak as a sauce.

BAKED PUMPKIN OR BUTTERNUT

Pumpkin or Butternut (piece each)

2 tabspns honey

½ teaspoon ground ginger (if available)

250g Margarine

1. Peel and de-seed pumpkin, if using butternut leave skin on..
2. arrange in baking tray.
3. Melt margarine, add ginger and honey. If no honey try golden syrup.
4. Pour over pumpkin and cook in normal way in oven.

NB This is a different flavoured roast.

CARROTS : GLAZED

2kg carrots
 100g butter
 50g sugar
 salt to taste

1. Wash, peel and re-wash carrots, cut into batons. (strips about 1½" long and as thick as a pen)
2. Place in a shallow saucepan, add butter, salt and sugar and just cover with water.
3. Bring to the boil, cover with a lid and allow to cook slowly. When nearly cooked, remove the lid and allow the liquor to evaporate until only a glaze remains. Serve sprinkled with parsley.

- NB Honey can be used instead of sugar.

CREAMED.

2 kg carrots
 White sauce (page 180)

1. Carrots cut into batons. Cooked in water
2. Drain well.
3. Having made white sauce while carrots are cooking, pour the sauce over carrots. Toss lightly together and serve.

NB Cheese sauce can be used instead of white sauce. Also the carrots can be cut into rings instead of batons.

EGG PLANT

Egg plant - 1 large for each 2 people.

6 eggs

Flour for dusting

oil for frying

salt and pepper for seasoning.

1. Slice egg plants into rings $\frac{1}{4}$ " thick
2. Beat eggs and add salt and pepper.
3. Heat oil in frying pan.
4. Dip the eggplants into flour, shake then dip into beaten egg.
5. Place into frying pan and fry until golden brown, turn and do other side.
6. Serve.

NB Shallow fry. More eggs might be required than the original 6. Depends on how many you are feeding.

FRENCH FRIED ONIONS

1kg onions

$\frac{1}{2}$ L milk

flour for dusting

salt to season

oil for deep frying.

1. Peel and cut the onions into $\frac{1}{4}$ " thick rings and separate.
2. Pass the onions through flour, milk and flour again.
3. Shake off the surplus flour and fry in deep hot fat until crisp and a golden brown.
4. Drain thoroughly, sprinkle with salt and serve.

BOULANGERE POTATOE

3kg Potatoes

100g margarine

white stock (see page 1)

500g onions.

1. Cut the potatoes into slices (after peeling) 1/8 thick. Do not rewash.
2. Peel and shred the onions, mix the potatoes and onions together and season well with salt and pepper.
3. Place in a greased baking dish or large fry pan and cover the top layer with neat slices of potatoes overlapping one another.
4. Moisten with stock to half the height.
5. Brush over the surface with melted margarine. Bring to boil on top of the stove and cook in a moderate oven, brush occasionally with the margarine and flatten with an egg slice or spoon.
6. Remove when potatoe is cooked and serve.

POTATOE CAKES

3kg boiled potatoes

oil for frying.

50g margarine

salt and pepper to season.

1. Dry mash the boiled potatoes.
2. Add margarine, season and mix well.
3. Mould into cakes with a dusting of flour on hands.
4. Shallow fry to a golden colour on both sides using minimum amount of oil.

NB Grated onion can be added to make a better tasting product.

SAUTE POTATOES

3kg potatoes
oil for frying
salt to season.

1. Choose small potatoes all around same size.
2. Scrub the potatoes and boil or steam until they are tender.
3. Allow to cool. (good idea to cook at lunch time).
4. Peel the potatoes (optional) and cut into $\frac{1}{4}$ " thick slices.
5. Fry to light golden brown in hot shallow oil.
6. Drain off and surplus oil and season with salt. Serve.

NB The sliced potatoes should be tossed together in a frying pan and not fried individually.

FOR LYONNAISE POTATOES.

saute some onions and toss into the frying pan when frying the saute potatoes Step 5 above.

ROAST POTATOES OR CARROTS OR PUMPKIN.

2 small potatoes per person all rppox same size.

Oil for deep frying.

1. Peel potatoes and boil off making sure they are not broken up .
2. Drain and cool
3. Heat oil and put potatoes in (few at a time depending on size of fryer of courze)
4. Fry until golden brown. OIL HAS TO BE VERY HOT.
5. Remove drain, salt , serve.

GOOD WAY to roast when there isn't room in the oven.

Carrots can be roasted the same way. also pumpkin.

CURRIED VEGES.

3 small egg plants.
1.5kg potatoes.
1 kg carrots.
750g onions.
3 red capsicums
2 cloves garlic chrushed.
9 teaspoons curry powder
2 small cans tomatoe puree
750G lentils.
3 teaspoons salt.
6 tablespoons oil.

1. Soak lentils in water. (for as long as possible)
2. Slice egg plant, sprinkle with salt and put aside for 30mins. Then rinse in cold water, drain thoroughly and cut into cubes.
3. Peel and slice potatoes, carrots and onions , cut capsicum into cubes.
4. Heat 6 tablespoons, oil, gently fry the eggplant until lightly tinted. Remove from pan.
5. Add a little more oil, heat, add potatoes, carrots onions, capsicum, garlic, Fry a minute or two.
6. Add curry powder and stir over low heat for 2-3mins. Stir in the puree eggplant and salt.
7. Cover and simmer for 30mins. Add drained lentils (with a small amount of their liquid if necessary) Simmer 7 minutes. Serve on rice.

RATOUTOUILLE PIE (good side dish or first dish with chicken or lamb)

½ cup oil

2 egg plants peeled and cut into cubes.

4 small zuchinnis cut into 2cm pieces.

2 large onions cut into 1cm pieces.

4 green peppers (capsicums) seeded and cut into 3cm pieces.

2 tablespoons garlic crushed

2 teaspoons thyme

2 bay leaves (optional)

1 kg tomatoes cut into pieces.

1 cup pitted black olives (optional)

short pastry (enough to make bottom and top)

1½ cup grated parmesan cheese.

2 cups grated mature cheddar cheese.

1 egg Salt and pepper to season.

1. Heat oil in large frying pan. Add egg plant and cook for 5 minutes. Add zucchini, onion, pepper, garlic, thyme, bay leaf salt and pepper. Cook for 4 mins stirring constantly.
2. Add tomato and cook for 5 mins more. Then cook for another 30mins on a gentle heat covered.
3. Stir in olives and cook further 10 mins. Cool thoroughly remove bay leaf.
4. Line tin with pastry, sprinkle parmesan cheese on bottom. Add veges then cheddar cheese. Top with pastry brush with egg, slit a couple of times to vent steam.
5. Bake for 30-40mins in oven until pastry is cooked.

INDIAN STYLE CAULIFLOWER

3 cauliflowers broken up.
9 tablespoons oil
6 cloves garlic crushed
1½ teaspoons salt
3 cups chopped fresh tomato
9 tablespoons chopped fresh parsley (if available)
9 tablespoons chopped fresh basil (if available)
1½ cups grated parmesan cheese or grated mature cheese.

1. Cook cauliflower on top of stove until crisp and tender.
2. Heat oil in pan and add garlic. Saute until golden.
3. Combine cauliflower, salt, tomato, parsley and basil in pan. Cook for 3 mins, stirring constantly.
4. Place in serving dish and sprinkle with cheese.

VEGETABLES SERVED WITH CHEESE SAUCE.

CAULIFLOWER

Cook cauli on top of stove until crisp and tender. Place into a tray.. Cover with cheese sauce (page 180) top grated cheese and place in oven until golden brown.

BROCCOLI

Same as the cauli.

CARROTS

Cut carrots into rings and cook until tender. Drain and then pour cheese sauce over carrots. Serve.

HOT BEETROOT

3-4kg beetroots

salt and pepper to season

Juice of couple lemons.

50g butter.

1. Cook beetroot either whole or cut into quarters. When soft remove from pot and cool.
2. Skin the beetroot and grate on a coarse grater.
3. Return to pot (throw juice away) Re-heat add salt and pepper, lemon juice and butter.

APPLE CHUTNEY

2kg apples sliced
1kg onions sliced
1kg sugar.
1½ level tablespoons salt
1 teaspoon allspice
1 teaspoon whole peppercorns
1 teaspoon cloves
1 cup sultanas)optional(
vinegar (8-10 cups)



All tied in a piece
of cloth.

1. Place all into a pot, cover with vinegar, break down with a little water. Boil for 2½hrs.
2. Remove cloth, cool, then place into bottles.
3. Serve.

FRUIT CHUTNEY

1kg ripe tomatoes. (peel and chopped finely)
1kg apples (peeled and chopped finely)
500g onions (chopped finely).
500g sultanas
1½kg sugar
2 tablespoons salt.
2 desertspoons all spice (tied in a piece of cloth)
6 cups vinegar.

1. Put all in a pot. Boil for 1 - 1½hrs.
2. Remove cloth, cool and bottle.
3. Serve.

PICKLED ONIONS

Small onions

equal parts of sugar - salt

vinegar

1. Peel onions and roll in the sugar & salt. Mixture. A couple of cloves can be added.
2. Place in screw top jars and cover with vinegar.
3. LET STAND FOR AT LEAST 5 WEEKS.

NB For a sweeter onion add about 2 tablspns of salt-sugar mixture to each jar before adding vinegar.

PICKLED EGGS (for 20)

1 Hard Boiled egg per person (peeled)

1L vinegar

½ teaspoon black pepper-corns

½ teaspoon all spice

½ teaspoon ginger.

1. Place eggs into wide necked jars
2. Boil peppercorns, spice and ginger in the vinegar for 10mins.
3. Pour it while boiling hot over the eggs.
4. When cold, cover tightly and store in a cool dry place.
5. Leave 2 weeks then into them....

TOMATOE SAUCE

5kg tomatoes.

½ teaspoon cloves

½ teaspoon all spice

½ teaspoon cayenne

½ teaspoon pepper

125g salt

25g garlic crushed

1.5kg sugar

½L vinegar

1. Boil these all together for 4 hours.
Strain and bottle.

TOMATOE RELISH

3kg large tomatoes

1 tablespoon curry

750g sugar

½ handfull chillies (tied in a piece cloth)

vinegar

2kg onions (cut small)

½ cup mustard powder

5 tablespoons plain flour.

2 handfulls salt.

1. Peel tomatoes. Then place with onions in a bowl or pot. Throw over salt and allow to stand 12 hours.
2. Drain then put in a pan with the sugar, chillies.
3. cover with vinegar and boil 5 minutes.
4. Mix all dry ingredients to a paste with a little vinegar and add to tomatoes and onions. Boil ½ hour.
5. Remove piece of cloth, bottle.

POTATOE BREAD

(makes 36 buns)

10 cups plain flour
4 teaspoons salt
180g butter
2 cups mashed potato
60g yeast
2 tablespoon sugar
1½ cups warm milk
2 cups mashed potato
2 cups warm water
4 eggs
Melted butter
sesame seeds (if available)

1. Place flour, salt into bowl. Rub in butter then stir in mashed potatoes and eggs.
 2. Start yeast, sugar in warm milk.
 3. Add yeast to flour mix when it is frothing. Make into a soft dough, probably using some of the warm water. Knead well. Place into an oiled bowl and allow to prove in a warm place until doubled in size. Knock down and knead lightly.
 4. Shape dough into small rolls and place on lightly greased tray. Cover loosely with plastic and allow to prove in warm place for 15 mins
- Brush with melted butter. Sprinkle with sesame. Bake for 20mins or until cooked.

RAISIN BREAD

1kg plain flour
60g butter or margarine
 $\frac{1}{2}$ teaspoon each of cinnamon, nutmeg or mixed spice.
30 g yeast
600 ml milk
2 teaspoons salt.
350 g chopped raisins or dried fruit.
60 g mixed peel (if available)
2 teaspoons sugar.

1. Combine yeast, sugar and warm milk.
2. Into flour add salt, fruit and butter. Mix well.
3. When yeast mix has started to work (froth) Add to flour and mix well to form a soft dough.
4. Cover and set in a warm place to prove until double in size.
5. Knead well on ~~flour~~ floured surface. Divide into 4. Put into loaf tins and set in a warm place until double in size. Bake at 200°C for 30 mins or until cooked.

FRENCH CHEESE STICK.

4 cups self-raising flour (or plain baking powder)

2 teaspoons salt.

1 tablespoon curry powder.

2 teaspoons dry mustard.

½ teaspoon pepper.

120G butter or margarine or oil.

1 egg.

1½ cups milk.

120g cheese

little extra milk

egg yolk

sesame seeds (optional if available).

1. Sift flour and mix salt, curry, mustard and pepper into a bowl with the flour.
2. Rub in the margarine, cut the cheese into cubes and add to mixture.
3. Mix lightly, add egg and milk and mix, lightly knead.
4. Cut dough in half and divide each piece into 3.
5. Roll into 3 rolls and plait.
6. Place on tray, brush with egg yolk and extra milk, sprinkle sesame seeds.
7. > Bake in mod-hot oven for 30mins or until it sounds hollow when tapped.

MILK BREAD

(2 loaves)

- 3 cups self-raising flour
- ½ cup powdered milk.
- 1 teaspoon salt.
- 1 teaspoon baking powder.
- 70G margarine
- 1 egg
- 1 cup water.

1. Mix flour, milk, salt and baking powder,
2. Rub in margarine add beaten egg and water.
3. Mix to soft dough, knead until a soft ball forms.
4. Press into a well greased tin.
5. Brush top with milk.
6. Bake in hot oven for 10mins then in a mod oven 35 to 40mins or until cooked.

NOTE This is a quick bread . Also can be made into rolls by dividing into portions and cooking as normal.

INDIAN PURIS (makes-35)

2 cups wholemeal flour (or plain)

1 teaspoon salt

60g butter

1/3 cup warm water

oil for frying.

1. Place salt into flour. Rub in butter and gradually add water to make pliable dough.
2. Turn out onto floured board and knead for 10 mins.
3. Place into a lightly oiled bowl, cover and stand in a warm place for 60mins.
4. Roll out on floured board, paper thin.
5. Cut into 4" rounds (a 375al can could be used even though its a little smaller)
6. Cover with cloth DO NOT LET DRY OUT.
7. Deep fry until puffs up and golden brown.

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PITA BREAD°

9 cups flour either plain or wholemeal
water
2 teaspoons salt.

1. Make the flour into a good stiff dough.
2. Divide into lumps, the size of an egg.
3. Roll out thinly and bake on a griddle or frying pan. The top of the oven is excellent for this. with a good fire underneath.
4. The bread is pressed with a cloth before removing from griddle so that it automatically fills with air.

NB These can be used instead of tacos. Also good to serve a chilli mince and salad with (stoppy Joes).

A good change for lunches. Can make the nite before.

BASIC WHITE BREAD.

(for 3 loaves (enough for 20 people for 1 meal)

12 cups plain flour
2 teaspoons dry yeast.
1 teaspoon sugar.
2 desertspoons salt.
¼ cup oil
2 cups milk powder (optional)
little warm water.

1. Start yeast by using a little warm water and sugar. Leave until it froths a lot.
2. Mix flour, salt, milk powder and oil together.
3. Add yeast mix, and more water if required until the whole lot becomes a soft dough.
4. Knead 5-8 mins.
5. Place in a lightly greased bowl. Cover and allow to rise approx 45 mins in a warm place. (important)
6. Punch down and knead again.
7. Divide into 3 and place onto tray in oven and bake

BEER BREAD

(makes 2 loaves)

3½ cups self-raising flour
2 teaspoons salt
2 teaspoons sugar
375ml can or bottle of beer.

1. Mix flour and salt, add sugar.
2. Add beer and mix well, it should be sticky and soft.
3. Knead until smooth, divide into two.
4. Knead again and put into well-greased tins.
5. Bake in a hot oven for approx 50mins.

BREAD ROLLS

Basic white bread dough (page 115)

Everything up until no 7, then divide into equal parts of approx 100g in size.
Roll into rolls. Place on a greased tray.. Allow to rise in a warm place until double in size.
Into a hot oven.

SPICY OR HOT CROSS BUNS (makes 15 pieces)

4 cups plain flour
1 teapoon salt
7g dried yeast ($\frac{1}{2}$ teaspoon)
 $\frac{1}{2}$ teaspoon mixed spice
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ cup sugar
60g melted margarine
1 egg
 $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup sultanas

- TO MAKE GLACE

2 tablespoons sugar
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon mixed spice
 $\frac{1}{4}$ cup water
Boil together for 10mins.

1. Start yeast with warm water and little sugar.
2. Mix all dry ingredients, add yeast, egg and margarine, plus milk to make dough.
3. Knead a little and allow to rise for 45mins in a warm place.
4. Punch down, knead fruit in, divide into pieces and roll into buns. Place into a tray and allow to rise 20mins in a warm place.
5. For hot cross buns make a paste out of 2 tablespoons, self-raising flour and 2 tablespoons water. Pipe it over buns while rising.
6. Bake 15 mins in hot oven
7. Glace while still hot when comes out of oven.

DAMPER (makes 1 loaf)

3 cups self-raising flour

pinch salt

90g butter

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup water

some extra flour.

1. Rub butter into flour, add liquids and mix lightly.
2. Turn out and knead lightly into a round ball.
3. Place on a greased tray and pat out to a 6" circle.
4. Put two crossed deep slits with a knife on the top of a loaf.
5. Brush with milk, sprinkle a little flour over top.
6. Bake in hot oven 10-15mins or until nice brown colour.
7. Serve warm with butter, honey or golden syrup, or whatever...

PIZZA DOUGH

All these measurements depends on how big pizza you want...

1 teaspoon sugar
warm water
1 teaspoon dried yeast
500g plain flour
pinch salt
2 teaspoon margarine or oil

1. Get yeast to work by adding to warm water and sugar.
2. Mix flour, salt and oil together. Add yeast mixture after it's frothed.
3. Mix into a dough. Turn out into a board and knead it until smooth.
4. Roll out to tray shape. Place onto greased tray, brush with oil and commence to fill with whatever you require to make your pizza.

QUICK PIZZA DOUGH (NON YEAST)

Self raising flour
oil
milk
pinch salt

1. Mix into a dough and use as required. (I add some parmesan cheese to it...)

CRUMPETS

500g plain flour
3 teaspoons salt
15g yeast
2 teaspoons sugar
 $\frac{1}{2}$ L water and milk
1 teaspoon bi carb soda.

1. Start yeast
2. Mix flour, salt together, add yeast and water and milk to make a batter.
3. Stand $1\frac{1}{2}$ hrs in warm place.
4. Add rest of water and milk plus soda
5. Stand 30 mins.
6. Cook on hot plate or frying pan. If you have egg rings use them. Pour into and turn over when they bubble.
7. Needs a lot of time and patience. But will worth it for something different.
It is possible to make them the afternoon before.

CHELSEA BUNS

Basic white bread dough (page 115)

2 cups currants or sultanas

$\frac{1}{2}$ cup melted butter

cinnamon

$\frac{1}{4}$ cup sugar.

1. Prepare dough, allow to prove, knock back.
2. Roll out dough to oblong shape, brush over with melted butter, sprinkle with the currants and a little mixed sugar and cinnamon.
3. Roll up, cut into portions and place the pieces upright $\frac{1}{2}$ " apart on a warm lightly greased tray.
4. Allow to prove in a warm place until they double in size (after proving they should be just touching).
5. Bake in a very hot oven for around 15 minutes.
6. Remove from oven, brush with glaze (page 118)

BREAD AND JAM FRITTERS (for 20)

20 bread slices

100g margarine

20g Jam

$\frac{1}{4}$ L milk (1 can condensed milk would be good)

Frying batter (page 166 non-yeast)

Cinnamon flavoured sugar as required.

Jam sauce (page 177 apricot)

Oil for frying.

1. Spread half the slices with margarine and the other half with jam.
2. Make a sandwich of two, cut off crusts and cut in half diagonally.
3. Sprinkle liberally with sweetened milk on both sides.
4. Pass through batter and fry in deep hot oil until crisp and golden brown.
5. Remove, drain and roll in cinnamon sugar.
6. Serve with hot apricot sauce or even custard.

APRICOT SPONGE

Basic cake mix (page 133)

Add canned apricot halves.

1. Make cake mix. Place into cake tin.
2. Drain apricots. Place apricots onto top of cake mix.
3. Place into a moderate oven for 30mins or until cooked.
4. Allow to cook awhile before cutting up. Serve with custard, brandy sauce or even jam sauce (page 177)

NB Apples, peaches, pineapple can be used instead of apricots.

APPLE TURNOVER

Short Pastry (page 167)

Apple puree (see below)

Sugar for Dusting.

1. Roll out the pastry 3mm thick and cut out circles to approx 10cm round (use tin can)
2. Brush over with a little water.
3. Place a little apple in the centre of each circle.
4. Fold over in half and seal the edges.
5. Damp the upper surface with water and sprinkle with sugar.
6. Place on a lightly greased tray and bake in a mod. oven for 20-25mins.
7. Serve with custard.

APPLE PUREE

Peel apples and cut into quarters. Remove pips etc. Place in a pan, add a little water and sugar. Boil on stove until soft. Mash while hot. Pass through sieve or strainer.

NB Other fruits can be used ie apricot, peaches or even jam.

APPLES IN FOIL (BAKED APPLES)

Number of apples for each person

$\frac{1}{2}$ teaspoon brown sugar for each apple (white is ok)

$\frac{1}{2}$ teaspoon cinnamon for each 6 apples

$\frac{1}{2}$ cup dried fruit for each 6 apples

1 tablespoon lemon juice for each 6 apples

1 tablespoon melted butter for each 6 apples.

1. Remove cores from apples and score around the apple.
2. Combine remaining ingredients and pack into the apple centres.
3. Place each apple into a square or greased foil.
4. Fold up and over and secure with a double fold.
5. Place around the edges of a low barbecue fire and cook 50-60 minutes.
6. Serve with custard or cream or ice-cream.

NOTE Apples can be cooked in the oven too with out using the foil. Just put the apple onto a tray and place into oven. Will cook quicker in this method.
Another good filling is , instead of margarine and raspbeerry jam, or strawberry and coconut.

HUMMINGBIRD CAKE

6 cups plain flour
4 cups sugar
6 eggs beaten
2 teaspoons vanilla essence
500g crushed pineapple or finely chopped
4 cups chopped ripe bananas
3 cups of oil
2 teaspoons carb soda
2 teaspoons cinnamon

1. Combine all dry ingredients
2. Add eggs and oil Stir well
3. Stir in vanilla, pineapple and bananas.
4. Bake in good size tray or pan. At 180°C for 25-30mins or until cooked.
5. Cool in tray or pan for 10mins before removing.

COCONUT AND CARROT CAKE

4 cups self-raising flour (or plain flour with 2 teaspoons baking powder)
4 teaspoons cinnamon
2 cups oil
3 cups sugar
6 eggs
2 cups crushed pineapple
4 cups grated carrots
2½ cups coconut
1 cup chopped nuts.

1. Mix flour and cinnamon
2. Beat oil, sugar and eggs thoroughly
3. Add flour mixture, beat until smooth.
4. Add pineapple, carrots, coconut, nuts.
5. Pour into greased tray or pan.
6. Bake at 180°C For 1½hrs or until cooked.
7. Cool 10mins. Before removing.

CARROT AND BANANA CAKE

180g Butter

1½ cups sugar (castor if available)

grated rind of 2 lemons

2 eggs.

4 ripe bananas mashed well.

3 cups self raising flour (or plain flour and baking powder)

1½ cups grated carrot

½ cup lemon juice.

1. Cream butter, sugar and lemon rind.
2. Add egg gradually, beating well.
3. Add bananas and beat again.
4. Stir in flour then add carrot and lemon juice mixing to a soft consistency.
5. Place into a greased tray or pan.
6. Bake at 180°C for 45 mins or until cooked.
7. Can be iced with lemon icing.

NOTE The main ingredients can be omitted to make either a banana cake or a carrot cake. ie for banana cake leave out carrot....

CITRUS ZUCCHINI CAKE

- 500 g Butter
- 2 Tablespoons orange rind
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon cloves
- 4 cups brown sugar (white could be used)
- 8 eggs 2/3 cup orange juice.
- 6 cups self-raising flour (plain and baking powder)
- 2 cups grated unpeeled zucchini.

1. Cream the butter, orange rind, spices and brown sugar, until light and fluffy.
2. Add eggs one at a time, beating well after each addition.
3. Add flour and mix well.
4. Stir in orange juice and zucchini alternately mixing well after each addition.
5. Pour into greased and floured tin or pan and bake at 180°C for 1 hour or until cooked.
6. Allow to cool for 10mins before removing from tin or pan.

PLAIN SCONES

1kg flour
400g sugar
3/4^L milk approximately
400g margarine
75g baking powder.
½ teaspoon salt.

1. Mix flour baking powder and salt.
2. Rub in margarine to a fine sandy mixture.
3. Make a well, add liquid and sugar.
4. Mix thoroughly to a smooth texture.

FRUIT SCONES

1 kg flour
400g margarine
75 g baking powder.
150g Sultanas
¾L milk approximately.
½ teaspoon salt.

1. Mix flour and Baking powder.
2. Make well and place sugar, salt and sultans. Add milk and mix in sugar, salt and sultanas. Lightly dough up and dry off.
3. Roll out until 5/8" thick. Cut to size. Paint with weak egg solution. Place on flowered tray. Rest 5 minutes.
4. Bake off at 425° to 450°.F

BASIC CAKE MIX

1 kg margarine
15 eggs
50g Baking Powder
750g sugar
1.4kg flour
1 tablespoon salt.

1. Mix flour and salt and baking powder.
2. Cream the margarine and sugar thoroughly until smooth.
3. Add the beaten eggs, slowly mixing all the time to avoid curdling.
4. Add any colour or essence required.
5. Fold in flour and mix lightly.
6. Spread out mixture into tray that has been greased and if available lined grease proof paper. Failing this lightly add bread crumbs over all the greased tray.
7. Bake in a moderate oven for 30mins or until cooked.

NOTE For No 4, add whatever, lemon vanilla essence or cocoa cola for chocolate cake or coconut for lemon coconut cake.
Maybe coffee for different flavour.

ROCK CAKES

1kg flour
150g sugar
150g margarine
3 eggs
1 teaspoon baking powder
100g sultanas (optional)
200ml milk
pinch salt
dash lemon essence.

1. Mix flour, baking powder and salt.
2. Rub in margarine until a sandy texture.
3. Make a well and sprinkle around edge the n front.
4. Place the eggs, milk and sugar in well. Dissolve the sugar in the milk and eggs, absorb the flour and mix until a medium stiff dough occurs.
5. Break into rocky pieces and place equal distances apart on a lightly greased tray.
6. Dab with egg wash and lightly sprinkle with sugar. Bake in a hot oven for approx 20-25 mins until cooked.

NOTE; Coconut can be added instead of fruit. Make a little hole in the top of each cake on the tray and fill with jam for something different.

APPLE PIE OR FRUIT PIE.

3-4kg apples

500g sugar

Few cloves

short pastry (page 167)

1. Peel quarter and core apples
2. Cook apples off with sugar and cloves and a little water.
- 3.- Place apples or any other fruit into a tray if using fruit other than apples, nos 1 & 2 decot ...
4. Roll out pastry, cover the tray and trim edges.
5. Brush the pastry with a little water. Sprinkle with sugar and bake in hot oven for 30-35 mins.

NOTE Canned apple or apricots and peaches can be used here. Or in fact any fruit if it has been stewed before covering with pastry.

FRUIT CRUMBLE

3-4kg of fruit (ie apples, rhubarb, peaches, apricots etc...)

500g sugar

....crumble...

1. Prepare fruit.
2. Cook fruit off with sugar and a little water.
3. Place into tray.
4. Sprinkle with crumble. Cook in hot oven but watch for burning.

CRUMBLE

750g flour

250g sugar

200g margarine.

2-3 eggs. or maybe little water.

1. Combine flour, sugar and eggs.
2. Melt margarine and add to mixture and stir gently. Looks like crumbly sand.

NOTE: For a tasty crumble, substitute half the flour with muelsti

BAKED RICE AND SULTANAS PUDGING

500g rice
4L milk
250g sultanas
75g margarine
250g sugar
Nutmeg to taste.

1. Wash the rice in cold water.
2. To the drained rice add milk, sultanas and sugar. Place into tray.
3. Sprinkle nutmeg onto the top of mixture, add knobs of margarine and bake in a slow oven for approx. 1½ hrs.

NOTE A quicker way is to cook the rice off without salt. Then add to a mixture of sugar, milk, sultanas and 6 beaten eggs. Mix thoroughly, place nutmeg on top with margarine and place in moderate oven. Stir slowly a couple of times after 15mins.

LEMON COCONUT PUDDING

- 1. cup sugar
- 1 cup coconut
- 18 eggs
- 1½ L. milk
- lemon essence to taste

1. Beat egg, sugar, lemon essence and milk together.
2. Place into a tray.
3. Sprinkle coconut over the top.
4. Place into a moderate oven and cook until set.

Note : probably the quickest sweet of all. <If no lemon essence use vanilla.

BAKED BREAD AND BUTTER PUDDING

10 slices bread (depends on how big the tray is)

1 Cup sugar

1 cup Sultanas

margarine (to spread onto bread)

mixed spice or nutmeg to taste

vanilla essence.

18 eggs

1½L milk

1. Butter the bread, cut each slice into half and place into tray.
2. Beat egg, sugar, milk and vanilla.
3. Put sultanas over bread.
4. Pour egg mixture over bread.
5. Sprinkle with mixed spice or nutmeg.
6. Place into a mod oven and cook until set.

BANANA FRITTERS

Bananas 1 for each person
Batter (see page 166 non-yeast)
Flour for dusting
Oil for frying.

1. Peel bananas and cut in two crosswise on slant.
2. Pass through flour, dip into batter and cook in deep hot oil. Remove and drain thoroughly.
3. Serve with jam sauce. (page 177)

APPLE FRITTERS

Apples. 1 for each person
Batter (page 166)
Cinnamon flavoured sugar
flour for dusting
Oil for frying.

1. Peel and core the apples using an apple corer and cut into $\frac{1}{2}$ " pieces.
2. Pass through flour, dip into batter and cook in deep hot oil until golden brown.
3. Remove, drain and roll in sugar mixture.
4. Serve hot with jam sauce (page 177) or custard.

NOTE: Pineapple rings can be done in the same way.

LADY ALICE BISCUITS

250g butt er
100g icing sugar
250g Plain flour
100g Custard Powder
pinch salt

1. Beat butter until soft.
2. Add icing sugar and beat well.
3. Mix flour, salt and custard powder.
4. Add slowly to butter mixture and work very slowly.
5. Form into balls and press two ways with fork. Place onto greased tray and bake in moderate oven.

FRUIT COOKIES

3 cups self-raising flour (or plain and baking powder)
250g butter
pinch salt
1 cup sugar
 $\frac{1}{2}$ cup currants
 $\frac{1}{2}$ cup sultanas
 $\frac{1}{4}$ cup milk
2 eggs (beaten)
squeeze lemon juice.

1. Rub butter into flour and salt.
2. Add sugar and fruit
3. Mix to a stiff dough with the beaten eggs and a little milk.
4. Place onto a greased tray with a desert spoon.
5. Cook in a mod-hot oven 20mins.
6. When cold store in an airtight container.

ANZAC Dainties

1 cup plain flour
1 cup sugar
1 cup rolled oats
1 cup coconut
125g butter
1 large tablespoon golden syrup
1 small teaspoon bi-carb soda
2 tablspsns water
mixed nuts (optional)

1. Place butter, syrup on stove to boil.
2. Stir in soda.
3. Meanwhile all dry ingredients together in a bowl.
4. Add butter mixture to dry ingredients and mix thoroughly. Plus water if needed.
Put onto trays with a teaspoon.
6. Bake in moderate oven until firm and crisp about 10mins.
7. Store when cool in airtight container.

Note Good Kilimanjaro food I made 250 to take for 15 people in 1985. Took awhile but very much appreciated by all.

WEETBIX MUNCHIES

250g Butter
1 cup sugar
1 cup crushed weetbix
1½ cups self-raising flour.
1 egg (beaten)
pinch salt

1. Cream butter and sugar
2. Add beaten egg and mix well
3. Work in mixed flour, salt and weetbix.
4. Roll in. Hands into small balls, toss in extra crushed weetbix (the balls ie).
5. Bake in moderate oven for 15mins.

Note: Very tasty biscuits.

QUICK PUMPKIN SCONES

500g pumpkin pieces, seeded, diced.
4 tablespoons sugar
120g margarine
7 cups self raising flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon ground nutmeg
2 eggs beaten
 $\frac{2}{3}$ cup milk.

1. Cook pumpkin in boiling water until tender. Drain and mash well. Add sugar butter and keep mashing until smooth.
2. Stir together flour, salt and nutmeg. Add warm pumpkin mixture. Reserve a little egg for glazing. Combine rest of egg with milk and stir into pumpkin mixture.
3. Turn out onto a lightly flavoured surface. Knead gently. Pat out, dough onto lightly greased tray with a flavoured knife. Scorch dough almost through into equal size squares. Glaze with egg.
4. Bake until brown approx 20mins.

STRUDLE CAKE

BASE

1 cup sugar
1 egg
½ cup milk
¼ teaspoon baking powder
¼ teaspoon Nutmeg
2 cups self raising flour
Cup sultanas
1 tablespoon vinegar.

TOPPING

125g butter
250g sugar
1 cup plain flour
cinnamon

1. Topping "make first"
2. Melt butter, add sugar, plain flour and cinnamon to taste, mix well.

BASE

1. Place into 1 cup milk, 1 tablespoon vinegar. Leave until milk is sour.
2. Beat sour milk, sugar, egg together
3. Add all dry ingredients and extra milk. Beat to make a batter.
4. Place into a shallow dish or tray with 1" sides.

5. Drop sultanas on top of batter
6. Put topping over batter and sultanas
7. Bake at 350° (mod to hot oven) for 20-25mins or until cooked.

NOTE - a lovely cake is this one...-

SHORTBREAD

1kg plain flour
250g castor sugar
500g butter.

1. Cream together the butter and sugar in a bowl.
2. Work in the flour to a smooth texture.
3. Roll out the mixture 1/8th thick.
4. Cut into circles or fingers and place on to baking trays. Prick with a fork.
5. Bake in a moderate oven to a light golden brown. Approx 30mins.
6. Remove from oven and allow to set on tray before removing.

NB 1. to make a good shortbread it is essential to use butter rather than margarine.

2. On withdrawal from the oven shortbreads are fragile and must, therefore, be allowed to set on the tray.

For something different the fingers can be dipped in melted chocolate on one end after they have cooled and set.

KITCHENER BUNS (non yeast)

Easy 5mins)

2 eggs

 $\frac{1}{2}$ cup sugar

1 cup milk

2 cups self-raising flour

salt (good pinch)

oil for frying.

1. Beat eggs and sugar
2. Add milk, flour and salt
3. Drop teaspoon fulls into boiling oil. Deep fry for approx 5mins. Drain and cool.
4. Split and fill with jam and cream (preferably raspberry jam...)

NB Milk varies the mix should be a reasonable batter. Try it in the fryer and see.

DIGESTIVE BISCUITS

(makes 32)

250g wholemeal flour (white flour could be used)
500g oatmeal (maybe use muesli)
125g brown sugar
125g margarine
125g golden syrup
A little milk.

1. Grease the trays being used.
2. Mix flour, oatmeal and sugar.
3. Rub in margarine
4. Melt syrup and pour with the milk into mix to make a soft dough.
5. Roll out and cut into small or large rounds.
6. Put on tray and prick with a fork.
7. Bake for 20mins in a mod oven.
8. Allow to cool before removing from tray.

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POTATOE BISCUITS

Makes approx 72

250g wholemeal flour

2 teaspoons salt

250 g rolled oats

200g margarine

250g or 1 cup mashed potatoes.

1. Grease and flour baking tray
2. Mix flour, salt, oats. Rub in margarine and knead in potatoe until soft and smooth.
3. Roll out and cut into small rounds.
4. Place on slide and bake for 15-20 mins until CRISP BUT NOT BROWN>

NB Good with cheese or soup

HONEY BEAR FRUIT CAKE

750 mixed fruit
mixed peel (if available)
dried apricots (if available)
60g cherries 60g glace ginger (if available)
375ml can beer
250g margarine
3 eggs
1½ cups honey (golden syrup for a substitute)
1½ cups wholemeal flour self raising
1½ cups wholemeal flour plain
1 teaspoon mixed spice.

1. Combine all fruit and ginger with beer. Cover and leave overnight (well as long as poss)
2. Cream margarine and honey until light and fluffy.
3. Add eggs one at a time, beating well each time.
4. Stir in fruit mixture then flours. Mix well.
5. Spread mixture into a lined tin (foil or greased paper)
6. Bake in slow oven for 4 to 4½ hrs. Cool covered in tin (preferably overnight).
7. Remove and ice ect.

NBI used a version of this cake using what was available from the truck in Bangui (CAR) for a wedding cake. I added some brandy plus coffee and cold tea. To make it dark, as I had only white, plain flour. It waoked but was a little heavy and chewy.

CURRENT LOAF

- 1 cup currents
- 1 cup sugar
- 1 cup cold tea
- 2 cups self-raising flour
- $\frac{1}{2}$ teaspoon salt
- 1 level teaspoon nutmeg
- 1 level teaspoon cinnamon

1. Soak fruit, sugar and tea for at least 2 hours
2. Add flour salt add spices. Mix.
3. Put into well greased tin and bake in moderate oven.
4. Leave in tin for 10-15 minutes to set when cooked.
5. Serve buttered.

BOILED JAM ROLL

2½ cups flour (plain)
 1½ teaspoons baking powder
 3 tablespoons margarine
 1 teaspoon sugar
 jam
 milk for mixing
 pinch salt

1. Mix all ingredients to a stiff dough.
2. Roll out to a neat square on a clean tea towel
3. Spread thinly with a little jam.
4. Roll up in tea towel. Fasten with safety pins so that it doesn't come apart.
5. Drop into boiling water and boil for 1-2 hours.
6. Serve with custard or cream.

NB Some fruit could be added too.

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DOUGHNUTS (non yeast) makes 18

½ cup milk
½ cup sugar
2 teaspoons Baking powder
¼ teaspoon nutmeg.
½ teaspoon salt.
1 egg (beaten)
1 tablespoon butter (melted)
1½ cups plain flour
oil for frying
sugar and cinnamon mix.

1. Mix milk, sugar, baking powder, nutmeg, salt egg and butter.
2. Add flour slowly, till a firm dough appears.
3. Leave 1 hour.
4. Knead and roll into ½" thick. Cut into rounds, required size.
5. Leave 5 minutes, then fry. Drain, dip in sugar and cinnamon mix and EAT.

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IMPOSSIBLE CUSTARD TART.

8 eggs
250g butter
1 cup plain flour
4 cups milk
2 cups sugar
2 cups coconut
2 teaspoons vanilla essence.

1. Mix all the ingredients together and beat well.
2. Pour mixture into a greased tray (one that is deep enough)
3. Bake for approx 1 hour or until set.

NB The flour settles and makes a crust base, coconut forms the topping and egg custard filling forms the centre.

Lemon essence could be used instead of vanilla.

CREAM PUFFS

Choux Pastry (page 162) -

Whipped cream or mock cream (page 163)

icing sugar (if available)

1. Prepare the choux pastry and pipe out onto lightly greased baking trays in ball shapes $1\frac{1}{2}$ " in diameter.
2. Wash over with egg wash.
3. Cook in a very hot oven until dried out and a golden brown.
4. Remove from the oven and allow to cool.
5. Make a cut on one side and fill with cream.
6. Sprinkle with icing sugar and serve.

NB For chocolate eclairs same as above , but instead of piping into ball shapes pipe out to finger shape.

After filling with cream dip into some melted chocolate (top that is)

BAKEWELL TART

300 g margarine

300g sugar

300g plain flour

6 eggs

lemon essence

2 teaspoons baking powder

250g red jam

short pastry (page 167)

1. Roll out pastry and line the tray making sure the pastry comes up the side a fair way.
2. Prick the bottom and spread a thin layer of jam.
3. Cream together the sugar and margarine in a basin, add the eggs one by one, mixing well between each.
4. Add the flour, baking powder and essence. Mix well.
5. Place the mixture into the pastry. lattice the top with thin strips of short pastry. Good idea is to trim the pastry that is still above the cake mix.
6. Bake in mod. oven for approx 40mins or until cooked.
7. Can be glazed with a little apricot jam and thin water icing after cooking. Then return to oven to set the glaze for a few minutes.

CREAMED RICE

450 g rice

3½L milk

200g sugar

nutmeg to taste

1. Wash the rice in cold water. Drain
2. Bring the milk to the boil, drain in the rice and sugar. Reboil. Stirring all the time.
3. Cover with a lid or foil and allow to simmer gently until the grains of rice are tender. approx 1 hour.
4. Pour into serving dishes, sprinkle with a little nutmeg.
5. Serve with stewed or canned fruit.

JAM TART

1kg Jam

short Pastry (page 167)

1. Line greased trays or enamel plates with the short pastry. Prick the bottoms with a fork.
2. Divide the jam evenly into each tray or plate. Decorate the top with twisted strips of pastry.
3. Bake in a moderate oven for approx 20-25 minutes.
4. Remove from the oven and allow to set before cutting.

YOGHURT HIGH RISE

2L Yoghurt
4 tablespoons honey
dash vanilla essence

Banana (sliced)
unsalted nuts (chopped)
2 cups sultanas.
pinch each of cinnamon & nutmeg.

1. Whisk together yoghurt, honey and vanilla.
2. Stir in rest.
3. Serve in dish or cups. Divide into each. Decorate with chopped fruit.

NB amount used depends on numbers. Add anything you have to yoghurt in the way of fruits, nuts etc.

CHOUX PASTRY

500ml water
250 g plain flour
200g margarine
6 eggs

1. Place the water and margarine in a saucepan and bring to boil.
2. Add the flour and beat vigorously over the heat with a wooden spoon until the mixture leaves the sides of the pan clean.
3. Withdraw from the stove and allow to cool.
4. Add the eggs one by one beating vigorously between each and ensuring that they are thoroughly absorbed, and the mixture is smooth.

MOCK CREAM

8oz icing sugar
8oz margarine
5oz milk
vanilla to taste

1. cream sugar and margarine. Add milk and vanilla slowly. Then beat and light and fluffy.
-

250g Butter
60g castor sugar
1 tablespoon boiling water
½ small can evaporated milk
vanilla

1. cream sugar and margarine: add milk, vanilla and water, beat until light & fluffy.
-

1 teaspoon gelatine
2 tblespns butter
3 tblspns castor sugar

This is the ratio. For larger amount up the requirements

1. Dissolve gelatine in 3 tablespoons very hot water. Stand
2. Cream butter and sugar. Add lukewarm gelatine in 3 or 4 ots. Beat well between lots. Add flavour to taste and beat until light & fluffy.

NB This is probably the better one.

YORKSHIRE PUDDING

1kg plain flour

$\frac{3}{4}$ L milk

4 eggs

$\frac{1}{2}$ L water

500g dripping or oil

salt to taste

1. Mix flour and salt together in basin. Make a well.
2. Beat together eggs, milk and water
3. Add gradually into the well of flour, beat thoroughly and strain.
4. Heat the dripping or oil in a tray in oven. When its very hot, pour in the batter to cover the base of tray.
5. Cook in hot oven for approx 30 mins, or until cooked (clear off sticky when speared with a knife or skewer).

DUMPLINGS

750g flour plain
 200g fat or margarine or oil
 1/3 L water
 2 teaspoons baking powder
 pinch salt

1. Mix together the flour, baking powder and salt.
2. Add the fat or margarine to the flour.
3. Add the water and mix to a dough.
4. Divide into 20 or so pieces and mould firmly avoiding gaps in the surface.
5. Allow to rest for 10 minutes and cook in boiling salted water for approx 30mins.

NB Just boil salt and water in a large pot and put in the dumplings.

YEAST BATTER FOR DEEP FRYING

750 g Flour
 ½ teaspoon salt
 1L water
 ½ teaspoon yeast
 ½ teaspoon sugar.

1. Mix flour and salt
2. Dilute the yeast and sugar in warm water (approx 90 degrees F.)
3. Slowly work in the remainder of the warm water mixture thoroughly to avoid lumps, until the batter is of a "ropy" texture.
4. Allow to stand for 1 hour before using.

BATTER (non-yeast)

750g flour
 ½ teaspoon salt
 1L water
 1 tablespoon baking powder.

drop of vinegar
 drop of oil
 4 eggs

1. Mix flour, salt and baking powder
2. Add water slowly until a thick batter occurs.
3. Stir in eggs.
4. Pour in water & vinegar.
5. Allow to stand 20mins.

SWEET PASTRY

1kg flour
100g sugar
300g margarine
5 eggs

1. Rub margarine into flour to a sandy texture.
2. Make a well in the centre
3. Place the sugar in the bay, break in the eggs and mix well together.
4. Work the pastry until its smooth, but no overworked.
5. Rest 20 mins before using.

SHORT PASTRY

1 kg flour
Good pinch of salt
50g margarine
water

1. Mix the flour salt and baking powder
2. Rub in margarine
3. Add water slowly (as required to mix)
4. mix to fine pastry

Note short pastry must never be overworked.

MEAT MARINADE.

- 2 onions finely chopped
- pepper
- chopped parsley (optional)
- 2 cups oil
- 4 tablespoon soy sauce
- 1½ cups vinegar
- 2 tablespoons tomato sauce
- 4 tablespoons worcestershire sauce

1. Combine all ingredients and use to marinate for 3-4 hours.

• USES Beef Add bay leaf, Horseradish, mustard and herbs such as marjoram oregano or basil. Substitue red wine for vinegar if desired.

Lamb Add thyme, rosemary or mint and use white wine instead of vinegar omit soy sauce and garlic if desired.

Pork - Substitute pineapple juice for the vinegar and add garlic, tomato chutney, mustard and basil with lemon juice if desired.

TERIYAKI MARINADE

2 teaspoons ginger
2 cloves garlic (pressed or chopped finely)
2/3 cup chopped onion
2 tablespoons sugar
1 cup soy sauce
1/2 cup water

1. Combine all ingredients
2. Pour over steaks or chops.
3. Allow to stand as long as possible in cool place
4. Brush with marinade during cooking.

NOTE The ingredients might have to be increased depending on numbers being cooked for.

MARINADE FOR KEBABS

2 cloves garlic
1 cup chopped onion
1 teaspoon oregano
½ teaspoon thyme
1 teaspoon pepper
dash salt
1 cup oil
2/3 cup lemon juice

1. Combine seasonings with oil and lemon juice.
2. Mix thoroughly.
3. Marinate meat overnight in this mixture if possible.
4. Next day drain, thread onto skewers with tomato and onion etc etc
5. Grill until cooked turning frequently.

NOTE The ingredients might have to be increased according to number being cooked.for.

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BARBECUE SAUCE FOR CHICKEN

1½ cups chopped onion
1 cup chopped celery
100 g butter or oil
8 cups spaghetti sauce with mushrooms (maybe tomatoes pulped)
½ cup chopped parsley (optional)
4 tablespoons brown sugar
4 tablespoons vinegar
salt and pepper
4 tablespoons worcestershire sauce.

1. Saute onion and celery in butter or oil.
2. Add spaghetti sauce and simmer for 10 minutes.
3. Add remaining ingredients.
4. Use this sauce to baste chicken over the coals.

NB For spaghetti sauce I would substitute crushed or pulped tomatoe.

NOTE The ingredients might have to be increased according to number of people.

BARBECUE SAUCE FOR CHICKEN AND FISH

3 cups mayonaise
4 hard boiled eggs chopped
6 tbspons chopped cucumber
dash tabasco sauce
4 tablespoons cream
salt and papper

1. Combine all ingredients
2. Seve warm or chilled

USES Chicken - Add prepared mustard, chopped chicken or Dill cucumber, curry paste or powder, chopped olives, toasted almonds, mashed avacado, chopped pdppers and dash white wine for consistency.

Fish Add chopped spring onions, capers, chopped gerkins or dill cucumbers, Toasted almonds, chopped peppers, tomato paste or sauce, chopped calery, chives, plus lemon juice for consistency.

NOTE Quantities will probably have to be increased depending on your numbers.

BARBECUE SAUCE FOR MEAT

2 onion finely chopped
4 tablespoons oil
salt and papper
2 cups tomato puree or paste
4 tablespoon chutney
2 tablespoon worcestershire sauce
2 tablespoon viægar

1. Cook chopped onion in heated oil until sept.
2. Add all other ingredients and boil. Stirring constantly. Lower heat.
3. Simmer for 15-20mins.
4. Can be used hot or cold.

USES Beef - Add crushed garlic. Substitute red wine for half tomato paste.
Lamb - Add chopped mint, or rosemary and a little mustard and pinch sugar.
Pork - Add brown sugar, crushed pineapple and chopped green pepper.

NOTE Quantities will probably have to be increased for larger numbers.

MOCK MAYONNAISE

1½l white sauce (see page 180)

½l vinegar

50g mustard

salt and pepper pinch yellow food colouring if available

1. Prepare white sauce.
2. Mix mustard with vinegar, pour into boiling white sauce. Add colour and salt & Ppper to taste.

NOTE: It might pay to cut down mustard. Depends on consumers taste.

AVACADO SAUCE

2 large avacadoes

Tablespoon lemon juice

salt and pepper to season

cloves garlic (crushed)

tablespoon oil

tablespoon cream (for substitute use a couple drops milk)

1. Peel and stone avacadoes, mash with potatoe masher, but not puree.
2. Mix in lemon juice, salt and papper.
3. Heat oil in pan, add crushed garlic then avacado, heat without boiling and stir in cream.
4. Pour hot over chicken, fish, veges or pasta.

FRENCH DRESSING

It is not practicable to state a quantity recipe for this sauce as the amount varies so much with the consumers taste.

Here is a guide for amounts

$\frac{1}{2}$ vinegar

$\frac{1}{2}$ oil

$\frac{1}{4}$ water

Salt, pepper and mustard to taste. Mix all ingredients together.

Note 1. This sauce is best stored in a bottle and should be shaken well before use.

2. A pinch of sugar maybe added too.
3. Crushed garlic can be used too.

Ideal for tossed salads, tomato onion, cucumber salads, avacados, coleslaw, when mayonaise is available.

WHITE ROUX

500g margarine or butter

500g flour (plain)

1. Melt the margarine in saucepan. Stir in flour
2. Cook 10-15 minutes or until it has appearance of moist sand and a pleasant nutty colour.
3. If its to be used at once allow to cool before adding any liquid.

BROWN ROUX

Dripping or oil

Flour (plain)

1. Same as white roux above
2. Cook in oven or on low heat stirring frequently until a golden brown colour (like crust of bread)
3. Same as above in white roux.

These roux's are used to thicken things ie, soups, stews, pies etc. A quicker way to do this is to make a paste of water and plain flour and stir it into the hot dish. Allow to simmer for awhile but not boil. Season and colour to your taste. The adding of flour this way tends to "whiten" the product. If you use cornflour, it will give the finished product a "glazed" look to it.

CHOCOLATE SAUCE

2L milk 200g sugar 150gm custard powder 100g cocoa powder

1. Mix all dry with a little cold milk to form a paste.
2. Bring rest of milk to boil. Stir in paste. Simmer and serve.

CUSTARD SAUCE

2l milk 200gm sugar 150g custard powder
Same as above...

JAM SAUCE

2L water 500g Jam 150 g cornflour 150g sugar

1. Mix cornflour with little cold water to make a paste
2. Bring rest to boil (water jam and sugar) Add paste whisking all the time.
Simmer and serve.

BRANDY SAUCE

2L milk, 150g sugar, 150g cornflour, 2nips brandy

1. Mix cornflour - sugar to a paste with little cold milk.
2. Bring rest of milk to boil. Pour in paste whisking all the time and brandy and simmer and serve.

VANILLA SAUCE

Same as brandy sauce but using vanilla essence instead of brandy. Possible to use lemon essence too. NB with essences use a couple of drops only...

SWEET AND SOUR SAUCE.

1 bottle soy sauce
1L water
150g pineapple pieces
white vinegar to taste
sugar to taste
100g cornflour
150g onions sliced
150g cucumber sliced
150g carrots sliced.
Salt and pepper to season.

Put all vegetables into vinegar, water, soy sauce, plus pineapple. Bring to boil.
Add sugar to taste (ie so you can taste both sweet and sour). Thicken with
cornflour. (add cornflour to a little cold water to make a paste first).
Stir in tomatoe paste. Season.

Lemon Sauce.

125g Butter
2 taablespoons lemon juice.
2 teaspoons woreestershire sauce.
Salt and pepper to season.

1. Melt the butter in a saucepan, add remaining ingredients except parsley. Mix well.
2. Season, stir in parsley before serging.
3. This is good for barbacued fish, chicken and veges.

APPLE SAUCE.

1½ kg apples (peeled)

water

500g sugar

Wash and quarter apples. Place in saucepan with water and sugar. When cooked, pass through sieve.

COCKTAIL SAUCE

Worcestershire sauce

Tomatoe sauce

vinegar (pref brown)

lemon juice

garlic (crushed)

sugar

salt to taste

Mix all ingrediants, allow to stand. (quantities depend on how many people you have).

GRAVEY

Oil or juices in bottom of roasting dish.

plain flour

water.

Hot oil, stir quiuckly so no lumps appear.

WHITE SAUCE

150g Butter or margarine
pinch salt
200g plain flour
 $\frac{1}{2}$ L milk
whole onion

Put milk on heat to boil with peeled onion in it. Melt butter or margarine. Add flour to make roux. Allow roux to cool a little. Add milk to roux. After removing onion, stirring all the time to eliminate lumps. Correct seasoning and consistency.

VARIATIONS OF WHITE SAUCE:

Cheese sauce: White sauce. As above, grated cheese. Add grated cheese to sauce. season

PARSELY SAUCE White sauce and chopped parsley

CURRY SAUCE: onions chopped. margarine or oil for frying onions curry powder, cook gently, add to white sauce, season.

MUSTARD SAUCE> White sauce, stir in mustard or mustard powder.

WHITE ONION SAUCE: shredded onions cooked in water. Drain onions add to white sauce, season.

WEIGHTS AND MEASURES

Metric	Imperial	Metric	Imperial	Metric	Imperial
15g	$\frac{1}{2}$ oz	50ml	2floz	3mm	$\frac{1}{3}$ "
20g	$\frac{3}{4}$ oz	75ml	$2\frac{1}{2}$ floz	1cm	$\frac{1}{2}$ "
25g	1oz	200ml	6floz	4cm	$1\frac{1}{2}$ "
40g	$1\frac{1}{2}$ oz	300ml	10floz	5cm	2"
50g	1oz	400ml	14floz	10cm	4"
100g	4oz $\frac{1}{4}$ lb	500ml	1pt	15cm	6in
175g	6oz	$\frac{1}{2}$ l	20floz	30cm	12" (1ft)
250g	9oz	750ml	$1\frac{1}{4}$ pts	45cm	18"
450g	16oz 1lb	900ml	$1\frac{1}{2}$ pts	60cm	24"
1kg	2.2lb	1L	$1\frac{1}{4}$ pts	92cm	36"
3kg	6lb				

SPOONS

(level)

Metric	Imperial
1.25ml	$\frac{1}{4}$ teaspoon
2.5ml	$\frac{1}{2}$ teaspoon
5ml	1teaspoon
15ml	1tablespoon (1 fluid oz)
30ml	2tablespoons

3 teaspoons = 1 tablespoon
 2 tablespoons = 1 fl oz
 1 teaspoon = $\frac{1}{6}$ fl oz

CHINESE
STYLE
MEAL

BOILED RICE

10 cups of rice

NOTE: Allow $\frac{1}{2}$ cup rice per person.

Put rice in large saucepan and wash well under cold running water. Add enough cold water to come 2.5cm (1in) above rice (this applies to any quantity of rice).

Bring to boil, boil rapidly until water starts to evaporate and steam holes appear in the rice. Then turn the heat as low as possible and allow rice to cook gently. May need to move the saucepan around so that the rice cooks evenly.

Remove from heat, let stand for 5 minutes. Fluff up the rice with a fork before serving.

Allow about 30-35 minutes cooking time.

NOODLE SOUP for breakfast

SOUP BASE : 6 large stock cubes
 1 tin of luncheon meat, chopped
 2 lettuces or a cabbage
 6 onions, chopped
 2 carrots, sliced

NOTE : Other vegetables can be used
in addition, or in place of those
listed.

Use about one kettle of water
per 10 people.

Fill a large saucepan with water, add the
vegetables and stock cubes and bring to a boil.
Simmer for about 10-15 mins. and add the meat.
Adjust taste by adding salt.

NOODLES : Follow cooking instructions on packet.

VARIATION : Pan fry chopped luncheon meat and
serve separately.

CORNERD BEEF AND CABBAGE

- 1 large tin of of cornerd beef
- 2 large cabbages, shredded

Heat pan and add enough oil to cover the bottom of the pan. Add the cabbages and cook with about $\frac{1}{2}$ cup of water until soft.

Add the cornerd beef and cook it for about 5 minutes.

PORK AND STIR FRIED VEGETABLES

3 kgs of pork
6 large onions, sliced
4 large carrots, sliced
1 cauliflower
1 kg green beans
6 cloves of garlic, crushed
2 dessertspoons soya sauce
1 dessertspoon curry powder
4 dessertspoons cornflour
2 stock cubes
3 dessertspoons oil

NOTE: Other vegetables can be used in addition to,
or in place of those listed.

Cut the meat into thin strips and marinate with salt, garlic, curry powder, soya sauce, oil and cornflour.

Heat the wok or large frying pan and cover the bottom of pan with oil. Add about $\frac{1}{2}$ of the meat and let it cook over high heat, stir it gently. Remove when the meat is cooked. Repeat with the rest of the meat.

Stir fry the vegetables. (See instructions of Stir Fried Vegetables)
Add the meat and mix well. Thicken sauce with cornflour mix with $\frac{1}{2}$ cup of water.

SWEET AND SOUR CHICKEN

- 5 chickens
- 6 large onions, chopped
- 3 capsicums or green peppers, chopped
- 1 large tin of pineapple pieces
- 2 large carrots, sliced
- 6 cloves of garlic, crushed
- 6 thick slices fresh ginger, shredded
- 2 dessertspoons soya sauce
- $\frac{1}{2}$ cup cornflour
- 6 dessertspoons oil
- 2 stock cubes

Cut the chickens into bite-sized pieces and mix them with the garlic, ginger, soys sauce and salt. Dust the chicken pieces with cornflour.

Heat the oil in a large saucepan and fry the chicken pieces. May need to do this is in 3 or 4 batches. Put the chicken aside.

To make the sauce, heat the saucepan and add enough oil to cover the bottom of the pan. Add the onion and cook until soft. Add the carrot, stock cubes and enough water just to cover the vegetables. Cook until the carrot is soft. Add the pineapple pieces and juice, and the green peppers. Thicken the sauce by adding 2 dessertspoons of cornflour mixed with a little cold water.

Pour the sauce over the cooked chicken pieces.

CHICKEN CASSEROLE

- 5 chickens
- 6 large onions, chopped
- 2 kgs carrots, chopped
- 3 kgs potatoes, chopped into cubes
- 3 stock cubes
- 2 dessertspoons soya sauce
- 6 cloves garlic, crushed
- 4 dessertspoons oil
- 2 dessertspoons cornflour

Cut the chickens into bite-sized pieces. Add the garlic, soya sauce and salt to taste. Mix well.

Heat the oil in a large saucepan and cook the onion until soft. Add the chicken pieces and brown them well. May need to do this in 3 or 4 batches. Put the chicken aside.

Add the potatoes and carrots to the same saucepan. Add the stock cubes and enough water to cover the potatoes. let it cook until the potatoes are just soft. Return the chicken pieces and simmer gently until tender. Thicken the sauce by adding the cornflour mixed with $\frac{1}{2}$ cup of cold water.

LETTUCE WITH OYSTER SAUCE

- 4 large lettuces
- 4 thick slices fresh ginger, shredded
- 8 cloves garlic, crushed
- 4 dessertspoons oil
- 2 dessertspoons oyster sauce

Separate the lettuce into leaves, then wash and drain.

Heat the oil in a wok or large frying pan, then add the garlic and ginger. Stir fry for 2 minutes and add the lettuce leaves. Stir gently and cover with a lid for a few minutes. Remove from heat as soon as lettuce is soft.

Pour about 2 dessertspoons of oyster sauce over the cooked lettuce and serve.

SCRAMBLED EGGS WITH TUNA

1 large tin of tuna
6 large onions, shredded
30 eggs, beaten

NOTE: Luncheon meat or corned beef may be used in place of tuna.

Heat a small amount of oil in a wok or frying pan, and cook the onion until soft. Add the tuna and mix well. Remove the mixture from the pan.

Heat about 3 dessertspoons of oil in pan. Pour $\frac{1}{4}$ of the beaten eggs into the pan and $\frac{1}{4}$ of the tuna mixture. Cook over low heat until just set. Remove it from the pan and cook the rest of the eggs and tuna the same way.

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SOYA SAUCE CHICKEN WINGS

- 3 kgs chicken wings
- 6 cloves garlic, crushed
- 6 thick slices ginger, chopped
- 2 dessertspoons soya sauce
- 2 stock cubes
- 1 dessertspoon cornflour

Heat oil in wok, add garlic, ginger and chicken wings. Cook over high heat until golden brown. Add enough water just to cover the chicken wings, stock cubes and soya sauce. Reduce heat, cook further 10 or 15 mins or until chicken is tender.

Blend cornflour with a little cold water and add to chicken. Stir over high heat until sauce boils and thickens.

SPAGHETTI AND MEAT SAUCE

3 minced meat
6 onions, chopped
6 cloves garlic, crushed
2 small tins whole tomatoes
6 dessertspoons tomato paste
1 dessertspoon oregano or mixed herbs
3 stock cubes

Fry meat, onion and garlic, cook until the onions are soft. Add the tomatoes, herbs, salt and pepper, stock cubes and one cup of water. Simmer until the meat is tender. Thicken the sauce if desired.

Cook the spaghetti according to the instructions on the packet.

NOTE: Use about 1 kg of spaghetti for 10 people.

STIR FRIED VEGETABLES

2 kg broccoli
2 cauliflowers
2 large carrots
6 cloves garlic, crushed
2 dessertspoons oil
2 stock cubes

NOTE: Other vegetables can be used in addition to,
or in place of those listed.

Cut the vegetables into small pieces.

Heat oil in a wok or large frying pan. Add the garlic and then the vegetables and stir fry for a few minutes. Add about $\frac{1}{2}$ cup of water and the stock cubes. Cover and cook until vegetables are just tender. Remove lid to stir occasionally.

CURRIED CHICKEN

5 chickens (NOTE: Pork or turkey may be used)
8 large onions, chopped
3 kgs potatoes, cut into cubes
8 cloves garlic, crushed
6 thick slices ginger, shredded
3 dessertspoon curry powder
4 dessertspoons oil
3 stock cubes

Cut the chickens into small pieces and mix with the ginger, garlic and salt.

Heat large frying pan and cover well with oil. Fry the chicken pieces until lightly cooked and set aside. May need to do this in 3 or 4 batches.

Cook the onion until soft. Add the curry powder and potatoes and mix well. Add the stock cubes and enough water to cover the potatoes, let it cook until just soft. Return the chicken pieces and simmer until tender. Thicken the sauce with cornflour.

THESE RECIPES ARE BASIC GUIDELINES FOR COOKING FOR
A GROUP OF 25 to 30 PEOPLE.

INGREDIENTS: Adjust and adapt according to what is
available.

Chicken is used in most of the
recipes, but pork, turkey or beef may
be used instead.

COOKING TIME: 45 to 60 minutes for breakfast
1½ to 2 hours for dinner

MENU : For dinner - Soup
2 dishes
boiled rice

GUIDE TO QUANTITIES

These quantities are based on 45 people.

MEAT:

- Mince dishes - 8 kilograms
- Bar-b-ques - 10 kilograms
- Canned Meats - 3 cans
- Chops - allow 2 per person.

VEGETABLES:

- Potatoes
 - 7 Kgs if served whole
 - 9 Kgs if served mashed
- Onions
 - in savoury dishes - 1 dozen
 - fried - $1\frac{1}{2}$ -2 dozen, depending on size.
- Tomatoes
 - for salad 4 kgs
 - canned in savoury dishes - 1 can.
- Lettuce
 - 3 to 4, depending on size
- Cabbage
 - 2 large for coleslaw
 - 3 for cooking
- Beetroot
 - 1 large can for salads
- Corn
 - 1 large can for savoury dishes
 - 2 cans if serving as a vegetable
- Carrots
 - 2 cans if serving as a vegetable
 - 3 kgs if serving fresh in savoury dish
 - 5 kgs as a vegetable
 - 1 kg in a coleslaw

MILK:

- 3 litres for dinner
- 6 litres for breakfast

BREAD:

- 3 loaves for dinner
- 6 loaves for breakfast

SPAGHETTI: - 2.5 to 3 kgs or allow 90 grams per person

RICE: - 2.5 to 3 kgs or 90 grams per person

BREAKFAST

Try to have a variety of breakfasts. Breakfast needs to be prepared quickly so think of things that take only a short while to prepare. In colder areas breakfasts need to be filling and warming.

SUGGESTIONS TO ADD VARIETY:

- 1) Serve fruit with yoghurt
- 2) Add saltannas and brown sugar to porridge
- 3) Serve cereals with canned or fresh fruit
- 4) Serve a Dutch breakfast, a variety of hams and cheese with bread rolls
- 5) French toast
- 6) Grilled sausages and tomatoes with toast
- 7) Stewed tomatoes and onions on toast
- 8) Fried eggs with grated cheese
- 9) Add a variety of savoury foods to scrambled eggs, chopped onions, tomatoes, parsley, bacon, ham, grated cheese
- 10) Baked beans on toast
- 11) Poached eggs
- 12) Sweet corn and bacon on toast
- 13) Sweet pancakes with honey or golden syrup

GRIDDLE CAKES:

1 kg self raising flour	1 litre milk
4 eggs	2 teaspoons salt

- 1) Mix flour and salt
- 2) Make a well in the centre and add milk and beaten eggs and stir until just smooth
- 3) Pour batter from the tip of a large spoon on to lightly greased hot grill plate or frying pan
- 4) Cook until bubbles begin to form on the surface, then turn
- 5) Serve warm with sausage and tomatoes or bacon and tomatoes.

LUNCHES

Lunch has to be provided on the days when travelling. To avoid delays prepare lunches at breakfast time and pack into a carton and carry onto bus. Bread rolls, sandwiches and biscuits are probably the easiest to prepare, make sure fillings are varied.

Suggestions for sandwich fillings:

- 1) Take advantage of delicious cold meats, salamis and cheese found throughout Europe.
- 2) Sardines, mixed with lemon juice or tomato sauce
- 3) Hard boiled eggs, curried or with mayonaisse
- 4) Cheese, celery and carrot
- 5) Potato salad and cold meat
- 6) Shredded lettuce and egg
- 7) Shredded lettuce, cucumber and sardines
- 8) On days where a little more time can be allowed set out buttered bread rolls and a variety of fillings and let people help themselves. e.g. hard boiled eggs, slices of tomato, cold meats, pickles and cheeses.
- 9) Use different breads - brown, wholemeal, crisp bread.
- 10) Bought biscuits, cakes etc can be included.
- 11) Fresh fruit is a good way to finish lunch.

RECIPES

The following recipes are based on quantities for 45 people. These recipes are only suggestions and at times it will be necessary to improvise. All menu planning will depend on cost, food availability, time and very importantly the tastes of the passengers. Some people are conservative eaters so do not force food onto people. Be diplomatic when passengers make suggestions for meals, of course if the suggestion is totally impractical explain the situation in a nice manner.

TUNA MORNAY

8 cans tuna (med)	8 lge. onions (finely chopped)
8 sm.pkts. cream chees	8 lge. pkts. mushroom soup
8 lge. cans creamed corn	8 boiled eggs (chopped)

1. Cream cheese and onion together until smooth.
2. Heat slowly and add soup, corn, tuna, and eggs in turn until heated through.

SCRAMBLED CORN

2½ doz. eggs	1-2 cups grated cheese
1½ cups milk	3 lge. cans creamed corn
salt and pepper.	

1. Beat eggs and add milk and seasonings.
2. Place on burner, add corn and keep stirring till lightly set. Add grated cheese (if used) with corn.

CURRIED CORN

4-5 lge. cans corn	2 green peppers (chopped)
2 lge. onions (chopped)	2 tspns curry powder
2 cups sour cream	salt and pepper
butter or oil to cook veges.	

1. Heat oil in pan and add veges and curry.
2. Cover and cook over low heat until just tender.
3. Stir in sour cream and season to taste.
4. Return to heat stirring constantly until all heated and well blended.

SALADS

POTATO SALAD

Cook two large saucepans potatoes.
Hard boil one egg per person.
Cut potatoes and eggs into cubes when cool.
Add 6 finely chopped onions.
Mix $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup salad oil and add.
Add generous shake of pepper and mayonaise as required.

COLE SLAW

2-3 large white cabbages	$2\frac{1}{2}$ cups grated cheese
$\frac{1}{2}$ kilo grated carrots	3 apples (diced small)
3 onions (finely chopped)	mayonaise.

Shred cabbages finely, add mayonaise as required.
Stir in cheese, carrot, apple and onion.

RICE SALAD

If preparing rice for dinner, prepare extra at the same time for the following days lunch.
Serve cold with shredded or diced carrots, sultanas, nuts, peas, corn, and leftover vegetables. Pineapple pieces if available.
Add mayonaise.

CHICKEN A LA KING (Imitation)

Make a white sauce and heat chicken in sauce mixture.

WHITE SAUCE

2 cups flour
2 tsp salt,
good shake pepper

250 grammes butter
8 cups milk

SWEET CURRY

3 kilos mince
2 kilos tomatoes
8 onions
10-12 apples
10-12 carrots
8 sticks celery
8 green peppers

8-10 tspns curry
2 tsps. paprika
1½-2 cups sugar
Handful each - sultanas
- currants
- raisins

1. Cook mince in oil till browned.
2. Add all veges chopped or sliced.
3. Add water if mixture is too dry.
4. Cook 30-40 mins. adding meanwhile, the currants, raisins, sultanas and sugar.
5. Serve with pasta or rice.

MEATBALLS & NOODLES

5 kilos mince
8 onions (chopped finely)
6 pkts. oxtail soup (or alt.)
5 litres water

juice of 1/2 lemons
mixed herbs (approx. 2 tbs)
1 kilo mushrooms
salt, pepper

1. Mix together mince, seasonings, herbs, lemon juice and onions. Shape into balls and brown well in oil.
2. Make up soup in 5 litres water and bring to the boil.
3. Add meatballs and simmer gently 25-30 mins.
4. Serve on buttered noodles.

Canned meatballs can be 'spiced up' - add onion and a soup mix or two. Also add 1 cabbage, shredded and fried. Canned meatballs need disguising!

SAVOURY MINCE

3 kilos mince
8 onions (sliced)
5 med. cans veg. soup
(or pkt. soup made with ½
quantity of water)

mixed herbs
4 oxo cubes dissolved in 3 cups
of water
2 tblsp marmite
salt, pepper

1. Lightly fry onions in oil.
2. Add mince and cook till browned, turning continuously.
3. Transfer to large pot, add soup and seasoning.
4. Simmer 30-40 mins. (do not boil) or until mince cooked.

CHOW MEIN

4 kilos mince	8 pkts chicken noodle soup
2 cabbages (finely shredded)	8 onions (chopped)
5 dsspn curry powder	1½ litres water
5 tblsp sugar	5 dsspn. soya sauce
3-4 handfuls sultanas	+ pineapple pieces if available
	+ dollop of red wine.

1. Brown mince in oil and add onions.
2. Add soup and water stirring continuously.
3. Add all seasonings and finally cabbage and sultanas.
4. Simmer all together for 25-30 mins.
5. Serve on boiled rice.

MINCE 'N' RICE

3 kilos mince	2 kilos rice
3 finely chopped onions	Chopped, lightly cooked, mixed
1½ doz. eggs.	veges - carrots, beans, peas, diced potato, corn etc.

1. Cook rice, strain and let cool.
2. Brown mince in a pan and add onion.
3. Transfer to large pot and add veges.
4. Cook, with lid on, 15-20 mins. on low heat.
5. Beat eggs, add and stir in well.
6. Add rice, salt, pepper and heat through.
7. Serve with green veg.

MORE MINCE

3 kilos mince	2 kilos tomatoes (sliced)
2 cups onion (finely chopped)	2 cups green peppers (finely
4 tblsp prepared mustard	chopped)
2 tspn salt	Peas and/or corn if available.

1. Cook onion and peppers gently in oil until tender but not browned.
2. Add mince and cook thoroughly, stirring continuously.
3. Add salt, mustard, tomatoes, peas and corn (if used).
4. Simmer all together 15-20 mins. - until all tender.
5. Serve with rice or pasta.

CHILLI CON CARNE

3 kilos mince	1 whole garlic (chopped finely)
12-14 sliced onions	4 tins kidney beans
5 large tins corn	2 kilos tomatoes
salt, pepper and chilli to taste	

1. Using large pan, fry Onions and garlic in oil or butter.
2. Add meat, cook gently till browned.
3. Add tomatoes and simmer 20 mins.
4. Add beans and corn and heat through.

SPAGHETTI BOLOGNAISE

10-12 onions (sliced)	3 green pepers (chopped)
3 kilos mince	4 cans tomato puree
5-6 oxo cubes (dissolved in 4 cups of water)	mixed herbs

1. Fry onion and meat until browned.
2. Stir in stock.
3. Add tomato puree and seasonings.
4. Simmer till meat tender.
5. Add peppers $\frac{1}{4}$ hr. before serving with spaghetti.

BEEF STROGONOFF

12-13 lge cans beef	$\frac{1}{2}$ litre wine
8 lge onions	sour cream
2 $\frac{1}{2}$ kilos mushrooms	

1. Slice onions and fry gently with mushrooms.
2. When cooked, add beef and heat through with wine. (Simmer only, do not boil).
3. Add sour cream and mix thoroughly.
4. Serve at once after adding cream.

ALMOND CHICKEN

5 cooked chicken	200 grammes almonds (or cashews)
9 cups rice	2 kilos onions
3 lge cans peas	7 green pepers
2 cucumbers	7 chicken stock cubes
3 small cauliflowers	9 tblsp. cornflour
soya sauce to taste	

1. Cook nuts in a little oil till brown, set aside to cool.
2. Dice vegetables.
Cook cauliflower 5 minutes only.
3. Brown onions in a large saucepan.
4. Add peas, beans, peppers, cucumbers, cauliflower and water.
5. Add chicken stock and cornflour mixed with water, soya sauce and salt.
6. Add shredded chicken.

Serve with rice and sprinkled with chopped almonds, or cashews.

CHICKEN CURRY

5 chickens	2 kilos carrots
2 cans pineapple	2 kilos onions
3 large cans peas	2 cups sultanas
curry powder	salt to taste

veges as available:- peppers, beans, corn, cabbage.

1. Boil chickens until tender enough to remove flesh from bones and shred.
2. Cook or heat veges as necessary.
3. Fry onions in oil and add curry powder.
4. Put all ingredients in large pot, heat through and serve with rice.

EMERGENCY MEALS

BEEF STROGANOFF

* Using dehydrated beef chunks

- 1) Soak beef chunks in water for as long as possible
- 2) Cook according to directions on the pack (make a thick consistency)
- 3) Add 2 kg onions chopped finely
- 4) Add 1 can tomatoes
- 5) Stir in 1 can tomato paste
- 6) Add mushrooms, canned or fresh
- 7) Before serving stir in 3 cartons of sour cream
- 8) Serve with noodles, green vegetables or green salad.

BEEF CURRY

* Using Batchelors Beef Curry

- 1) Chop as many vegetables as possible into small dice - potato, celery, onion, capsicum, carrots, cauliflower
- 2) Fry the vegetables lightly in oil and add extra chilli powder, garlic, curry powder, jam or sugar (3T)
- 3) Add curry mixture which has been soaking in water
- 4) Add more water and cook according to directions
- 5) Serve with rice

BEEF GOULASH

- * Minced beef, stewing beef tenderized and chopped or dehydrated beef chunks can all be used

2 kg onions	6 capsicum
2 kg carrots	2 kg fresh tomatoes or 1 can
2 cans tomato paste	Paprika, pepper, garlic
2 kg noodles	

- 1) Fry chopped vegetables, and meat with spices
- 2) Add 2 litres of water and simmer
- 3) Cook noodles in usual way

MINESTRONE SOUP

2 kilos mixed veges - finely diced. (carrots, potatoes, marrows, onion, celery, cabbage, beans, peas, etc.)	3 kilos tomatoes or 6 large cans made up to 4 litres with water
1 litre milk	125 grammes(4oz) cornflour
salt, black pepper	

1. Place veges in oil in large pot. Cook with lid on for 5-10 mins.
2. Add tomatoes and seasonings and bring to the boil.
3. Simmer till veges cooked.
4. Meanwhile, blend cornflour and milk. Remove soup from heat and add cornflour mixture.
5. Return to heat. Bring to boil, stirring all the time. Boil for 2-3 mins.
6. Taste! Adjust seasonings. Serve sprinkled with parmesan cheese and croutons.

Croutons

1 slice bread per person. Cut into cubes and fry quickly in hot oil. Turn so that bread browns on all sides. Drain on absorbant paper, (brown paper does O.K.).

LANCASHIRE SOUP

$\frac{1}{2}$ kilo (about 1lb) butter	6-8 onions (grated)
$\frac{1}{2}$ kilo plain flour	1 kilo grated cheese
onion salt	white pepper
4 litres milk	4 litres water

1. Melt butter in large pot and gently fry onions till soft - but not brown.
2. Stir in flour - cook and stir for 5 mins.
3. Stir in milk and water and bring to the boil.
4. Simmer 10 mins. then add salt and pepper to taste.
5. Remove from heat, add most of cheese stirring it in.
6. Return to low heat. Simmer till cheese has melted.
DO NOT BOIL.
7. Add remainder of grated cheese and serve.

YOGHURT CHEESE SAUCE (for cauliflower)

8 med. onions (sliced)	9-142gr (approx 5oz) cartons
750gr (approx 1½lb) cheddar	natural yogurt
cheese (grated)	salt and pepper
5 eggs	9 tspns. prepared mustard

1. Fry onion in oil or butter till soft.
2. Put yoghurt, cheese, eggs, seasoning and mustard into pot.
3. Beat together and cook over low heat until mixture is thick.
4. Add onion slices and pour over cauliflower.

MACARONI CHEESE

2 cups macaroni	6 cups white sauce
2 cups grated cheese	pinch cayenne pepper

1. Boil macaroni, with tblsp salt, until soft.
2. Make white sauce :

2 cups flour	250 grammes butter
2 tsp salt	good shake pepper
8 cups milk	

3. Add cheese, cayenne and macaroni.
4. Simmer till blended.

POT AU FEU

10-12 onions (peeled and roughly chopped)	6 leeks (washed and most of green tops removed)
6 small cauliflowers (broken into sprigs)	350 gr. plain flour (approx 3 $\frac{1}{4}$ lb)
4 large cans frankfurters (drained and chopped)	2 kilos carrots (peeled, chopped)
	350 gr. grated cheese.
	salt and pepper

1. Cook veges gently in butter or oil till soft - approx 20 mins.
2. Add flour stirring for 4-5 mins.
3. Gradually blend in liquid and add frankfurters.
4. Simmer further 20-25 mins.
5. Season to taste.
6. Add cheese just before serving.

SAUSAGE SUPPER

3 kilos sausages	6-8 pkts onion soup
5 litres cold water	4 kilos potatoes
2-3 large cans peas	salt and pepper.

1. Preferably dice potatoes or otherwise cut into thin slices.
2. Fry sausages till browned 15-20 mins.
3. Make up soup mixes using only 5 litres. water.
4. When soup comes to the boil, add potatoes and simmer 15-20 mins.
5. Add cooked peas and sausages and simmer with lid on till potatoes cooked 15-20 mins.
6. Serve at once.

RISOTTO

2 $\frac{1}{2}$ kilos rice	4-4 $\frac{1}{2}$ litres water
$\frac{1}{2}$ kilo onions	3 cans tomato puree
4 pkts oxo cubes	10-12 medium cans tuna or frankfurters.
salt to taste.	

1. Fry onions and rice in oil till clear and rice browning.
2. Add oxo cubes dissolved in 4-4 $\frac{1}{2}$ litres water plus tomato puree.
3. Simmer until rice is soft adding water and seasoning if necessary.
4. Add tuna or frankfurters and heat gently.
5. Serve with peas, beans or tomatoes.

MACARONI CHEESE

- 1 quantity of white sauce
- 2 kg grated cheese, 250 gms parmesan cheese (for added flavour)
- 3 kg macaroni
- Salt, pepper, paprika
- Chopped and fried bacon, onions, sliced tomato, chives can be added for extra flavour

- 1) Make cheese sauce to recipe
- 2) Cook macaroni in the usual way
- 3) Lightly fry other ingredients if adding any
- 4) Add cheese sauce and other ingredients to the strained macaroni
- 5) Serve with tossed salad.

SWEET AND SOUR SAUCE

Serve over fish, fish fingers, sausages, meatballs, chicken

- | | |
|------------------------------|--------------------------|
| 2 kg onions | 5 litres of vinegar |
| 2 kg fresh tomatoes | 1 litre tomato sauce |
| 4 green capsicum | 2 cups sugar |
| 4 red capsicum | 2 cups soy sauce |
| 6 cucumbers | 1 cup cornflour (approx) |
| 1 large can pineapple pieces | ; litre stock or water |
| 1 kg carrots | |

- 1) Prepare vegetables - cut onions into wedges, capsicum into chunky pieces, cut tomatoes into wedges, peel and deseed cucumber, cut into chunky pieces, cut carrots into rings or strips drain pineapple, if in rings cut into pieces
- 2) Add vinegar starting with 2 cups, sugar, pineapple juice and tomato sauce, soya sauce into large saucepan. Bring to boil to dissolve sugar.
- 3) Add onion, capsicum, carrots, cucumber and continue boiling 5 minutes.
- 4) Check taste and adjust by adding more vinegar or sugar
- 5) Thicken by adding blended cornflour, add away from the heat and stir until thickened and sauce goes clear, must be brought up to the boil

POPULAR SAVOURY DISHES

PAPRIKA VEAL

Veal chops (2 per person)

1 can tomatoes

6 kg potatoes (peeled and cut into chunks)

1 kg frozen peas

6 t.s.p. paprika

approx. 4 litres of water

salt, pepper, bay leaf

- 1) Fry chops in oil until browned on both sides
- 2) Add tomatoes to the chops, together with blended paprika with 2 litres of water (add more water when necessary)
- 3) Add the potato pieces, and simmer with lid on until potatoes are tender
- 4) Add the peas after about 15 minutes
- 5) Watch the liquid and adjust, the mixture should be thick
- 6) Serve with vegetables on rice.

CREAMY TUNA

15 cans of tuna

1 large can of celery or 1 bunch fresh

15 medium size onions

1 large can corn niblets

8 green capsicum

1.5 kg carrots

500 gms butter

2½ cups flour

5 litres milk

nutmeg

salt and pepper

- 1) Slice carrots into thin rings
- 2) Capsicum, celery and onions chop into dice
- 3) Melt butter in large saucepan and add chopped vegetables and saute lightly until onions go clear (do not brown butter)
- 4) Remove pot from heat and add flour (mix)
- 5) Cook flour and vegetable mixture, one minute adding seasoning
- 6) Add milk gradually and stir until sauce is boiled and thickened
- 7) Reduce heat add strained celery, corn and tuna and cook until heated

Try mornay dishes served with fried bread.

TUNA AND NOODLES

15 cans of tuna
8 green or red peppers
1 can of tomatoes or 2 kg of fresh
1 kg onions
1 kg zucchini
2 kg mushrooms or 1 can
2 kg macaroni or shell noodles
(carrots, beans, peas can also be added)

- 1) Chop vegetables finely, cook noodles in boiling salted water
- 2) Fry vegetables lightly in oil until tomatoes are pulpy and the juice forms a sauce
- 3) Add tuna and juice to vegetables, season with salt and black pepper, basil and oregano
- 4) Thicken sauce of vegetable juices with a little cornflour if necessary
- 5) Strain noodles and mix with vegetables
- 6) Serve with a green salad

N.B. can be made into a curry.

CHILLI-CON-CARNE

9 kg minced beef
10 cans of red kidney beans or 1 large can
1 can of tomatoes or 2 kg fresh
2 kgs onions
1 can tomato paste
2 t.s.p. oregano
Chilli powder (4 t.s.p. according to taste)
3 cloves garlic
Pepper, salt, oil

- 1) Fry mince, garlic, onions, chilli powder, S & P, oregano until mince is brown and onions clear
- 2) Add kidney beans (drained), tomatoes and tomato paste
- 3) Mix all ingredients together. adjust seasoning and simmer

- 6) Add tomatoes and pineapple and keep hot until served.
- 7) Serve over meat or add meat to the sauce
- 8) Serve with boiled or fried rice.

BAR-B-QUED BEANS

1 large can tomatoes
1 kg onions
2 kg bacon
2 large cans baked beans
250 gms butter
chopped parsley
sweet basil

- 1) Chop onions finely and toss in butter until clear
- 2) Add diced bacon and cook until crisp stir in tomatoes and cook several minutes
- 3) Add beans and heat thoroughly
- 4) Add parsley and basil
- 5) Serve with grilled sausages.

CORN AND BACON FRITTERS

1 large can corn niblets
4.5 Kg bacon
3 kg S.R. flour
3 litres milk
Salt, pepper, oil
1 dozen eggs

- 1) Cut bacon into small pieces and fry
 - 2) Drain corn
 - 3) Make batter from flour, beaten eggs and milk until batter is pouring consistency
 - 4) Mix corn and bacon with batter
 - 5) Heat oil in frying pan and fry mixture in large teaspoon lots Fry until golden brown on each side
- N.B. Corned beef can be used instead of bacon for an emergency meal.

DEVILLED FRITTERS

* Using canned meats

3 cans corned beef or ham	1 bunch shallots
3 kgs self raising flour	$\frac{1}{2}$ cup worcestershire sauce
3 T curry powder	Oil
1 jar chutney	
3 litres milk	
1 dozen eggs	

- 1) Sift flour and curry powder into basin
- 2) Add eggs, milk, worcestershire sauce, chutney and finely chopped onions and meat.
- 3) Check batter consistency (thick pouring)
- 4) Cook fritters in hot oil, cook until golden on both sides
- 5) Pile on plate and keep hot.
- 6) Serve with vegetables or salad.

CHEESE RISSOLES

500 gms butter	}	Make a very thick white sauce
500 gms flour		
$2\frac{1}{2}$ litres milk		

1 dozen eggs

Oil

5 kg cheese grated

Pinch mixed herbs

1 kg soft bread crumbs

2 packets crisp breadcrumbs

- 1) Make white sauce (very thick)
- 2) Add grated cheese, soft breadcrumbs, herbs
- 3) Cool mixture, shape into rissole shapes, coat in beaten egg and crumbs
- 4) Fry in hot oil until crisp and brown

N.B. This recipe can be used for chicken patties, savoury vegetable patties and salmon or fish cakes.

BASIC WHITE SAUCE

2½ cups plain flour
500 gms butter
3 litres milk
3 tsp salt
2 tsp pepper or to taste
pinch nutmeg

- 1) Melt butter but do not brown
- 2) Stir in flour until mixture becomes a smooth paste
- 3) Add seasoning and cook 2 mins
- 4) Remove from heat and add milk, beginning gradually so paste is mixed
- 5) Return to heat and stir until boils and thickens. Be sure to boil otherwise will taste of starch.

VARIATIONS:

CHEESE SAUCE: - Add 2 kgs of grated cheese to sauce, add cheese away from heat and stir until melted.

- Melted cheese sauce can be used with macaroni, over vegetables e.g. cauliflower, broccoli, brussell sprouts, carrots and with mixed vegetables in puff pastry (vol-au-vent).

- 2) Use 2 cartons of sour cream to give a richer flavour.
- 3) Use as a basis for savoury tuna and salmon dishes.
- 4) Make into a curry sauce for curried eggs, salmon, tuna and chicken.
- 5) Add mushrooms, parsley and chicken pieces, serve in vol-au-vent cases or with vegetables.

ITALIAN DISHES

SPAGHETTI A LA SICILIENNE

3 kg spaghetti
2 kg bacon rashers
2 kg mushrooms
3 kg onions (chopped)
8-10 cloves garlic
some black stoned olives
1 small can anchovies

- 1) Cook spaghetti in usual method
- 2) Fry chopped onions and garlic in oil, add bacon, mushrooms olives and anchovies and fry, add black pepper and lots of chopped parsley.
- 3) Serve hot over spaghetti.

SPAGHETTI CABONARA

- 1) Cook spaghetti in usual method
- 2) Fry chopped bacon, mushrooms, onion and a little garlic
- 3) Beat up 8 eggs and 1 litre milk
- 4) Strain spaghetti, put back on heat and add eggs and milk with bacon etc
- 5) Season with black pepper, and keep on heat until sauce thickens and coats spaghetti.

VENETIAN RISOTTO

3 kg rice	3 kg lamb (cut into cubes)
1 large can tomatoes (chopped and keep juice)	
1 kg onions (chopped)	5 cloves garlic (approx)
1 bottle white wine	5 stock cubes
250 gms butter	grated cheese

Note: For risotto dishes buy Italian rice or buy thick grain rice in the basic supply list as the Patna or long grain rice is not very absorbent and becomes very gluggy. Always wash rice or pasta before cooking to remove the excess starch.

- 1) Melt butter and fry onions, garlic and meat

- 4) Add tomato paste to meat and 1 cup blended flour to thicken
- 5) Stir until boils and thickens
- 6) Adjust paprika flavouring
- 7) Mix in cooked noodles or serve over the top of noodles.

FRANKFURTER HASH USING CANNED FRANKFURTERS

3 cans frankfurters
5 kg potatoes
12 capsicum
12 apples

- 1) Chop potatoes into dice, capsicum into dice and peel and dice apples
- 2) Slice frankfurters into 2
- 3) Fry diced potatoes and capsicum
- 4) Add frankfurters and apple
- 5) Add 1 litre water and simmer until potato and capsicum are tender, season with salt and pepper
- 6) Thicken if necessary.

CORNERD BEEF HASH

2 cans cornerd beef
8 kg mashed potato
1 dozen eggs

- 1) Flake cornerd beef and mix with potato and egg
- 2) Season well
- 3) Spread this evenly in the pan and cook slowly until golden brown
- 4) Turn as evenly as possible
- 5) Serve with vegetables.

N.B. You will need two pans.

LAMB GRILLED ON SKEWERS (KEBABS)

(ARNI SOUVLAKIA)

- 1) Cut the meat into cubes (1" square). Rub with salt, pepper, lemon juice, olive oil and majarom.
- 2) Frill or bar-b-que and serve with lemon wedges.

N.B. The meat can be interspaced with thick wedges of tomato, capsicum, onion and bayleaf. Bamboo skewers are cheap and can be easily purchased. They can be used again.

TIYANITES (SWEET FRITTERS WITH HONEY SAUCE)

2 kg S.R. flour
3 cups brandy
1 T salt
Juice of 4 lemons
Oil for frying

- 1) Mix flour, salt in a large bowl. Add enough cold water to make a smooth dough or batter, then add the lemon juice and the brandy.
- 2) Heat the oil until very hot, and drop spoonfuls of batter into it. When fritters are swollen and brown take from pan and drain well, arrange in another pan.

SYRUP

4 cups honey
1 piece cinnamon
1 T lemon juice
4 cups ground walnuts

- 1) Cook honey with enough warm water, cinnamon, lemon juice to make a syrup and pour over fritters.
- 2) Sprinkle with walnuts and serve warm.

GREEN BEAN SALAD

- 1) Use green beans for this salad, leave whole but trim the ends.
- 2) Cook beans in just enough water with salt and pepper.
- 3) When just tender, pour away remaining water and add enough oil to coat the beans
- 4) Leave to cool, then add lemon juice and very finely chopped garlic. Mix well and serve cold.

N.B. Spinach can be treated in the same way.

NOTES TO HELP PRODUCE AUTHENTIC GREEK DISHES:

- 1) When making dishes which are eaten cold use olive oil because it does not congeal.
- 2) Greek olive oil is usually a good quality but do not hesitate to use peanut oil as a substitute.
- 3) Lemon juice is widely used, vegetables are soaked or sprinkled with lemon juice, fish is rubbed with lemon juice to remove the fishy flavour, meat is treated with lemon juice to bring out its flavour.
- 4) A small piece of cinnamon is often added to a dish which has plenty of tomatoes.
- 5) Do not use lemon juice with tomatoes.
- 6) Garlic and onions cut the flavour of olive oil.
- 7) Use the tops of shallots and celery leaves.
- 8) The Greek measure in oke and dram, one oke = 1.5 kg.

DANISH MEAT BALLS - FRIKADELLER

This is one of Denmark's best loved dishes, the meat balls are either served hot with browned potatoes and red cabbage or eaten with a mixed salad and boiled potatoes tossed in butter. Either way they make an excellent main course dish.

5 Kg minced meat
5 Level tablespoons flour
2½ tsp salt
2½ tsp ground allspice
pepper to taste
5 onions, peeled and finely chopped
2 cups milk
5 eggs beaten
oil for frying

Method

Combine meat thoroughly with flour, salt, allspice, pepper and onion.

Add milk and eggs and mix until all ingredients are evenly combined.

Shape with wet hands into small balls.

Fry in plenty oil until browned and cooked through.

Serve with suggested accompaniments.

BAR-B-QUE

FISH BAR-B-QUE

Wrap whole fish in greased tin foil and cook on the bar-b-que. Always brush the fish over with oil and sprinkle with salt and pepper and lemon juice.

OR: Stuff the fish with soft breadcrumbs, a little chopped parsley, chopped onion or garlic and a mild flavoured herb such as fennel.

MARINATE MEAT:

Marinate in red wine and garlic or a mixture of soy sauce, sugar, garlic and ginger, sherry if you have it.

- Bar-b-que cubes of meat on bamboo skewers, marinate in soy sauce and garlic and serve with chilli/peanut sauce.
- Chicken pieces (smaller pieces cook quicker) in curry, chilli and soy sauce.
- Sweet potatoes boiled until $\frac{1}{2}$ cooked and then cooked in oil are nice with bar-b-que meat.

SALADS

RICE SALAD

Cold rice can be made into tasty salads.

- 1) Add curry powder to 1 cup of oil and 3 cups vinegar, add 250 gms sultanas, 1 bunch chopped shallots. Mix all ingredients into cold cooked rice.
- 2) Add carrots, peppers (diced), thin slices of celery and corn niblets to rice.
- 3) Add diced cold chicken, apple, bananas and mayonaisse with curry powder, salt and pepper.

COLE SLAW

- 3 medium cabbages (for 45 people)
- 1 kg grated onion
- 2 kg carrots grated
- 6 capsicum chopped into dice

- 2) Grate carrots, onion, cut capsicum into dice
- 3) Mix all ingredients together, toss through mayonnaise

VARIATIONS:

- 1) Add chopped apple or orange segments to coleslaw
- 2) Flavour mayonnaise with mustard
- 3) Add curry powder and sultanas, chopped dates and apple

HARLEQUIN SALAD

2 kg macaroni cooked
1½ dozen hard boiled eggs
1 kg chopped ham or shelled prawns
6 green peppers
chopped parsley (if available)
mustard
mayonnaise
2 kg tomatoes
6 cucumbers

- 1) Cook macaroni and eggs
- 2) Blend mustard with mayonnaise and toss macaroni in this
- 3) Add chopped eggs, ham or shrimps, tomatoes sliced thickly
diced cucumber and peppers
- 4) Serve with lettuce.

CUCUMBER SALAD

Slice cucumbers, tomatoes and onions and sprinkle with salt and pepper, mixed herbs and cover with vinegar.

N.B. Use fresh herbs in salads, basil, mixed herbs, oregano, parsley and mint.

FRENCH DRESSING

Ratio 3:1 3 parts vinegar to 1 part oil.

Flavour with lemon juice, garlic, curry and mustard.

When using french dressing never add to lettuce until ready to serve.

SALAD NICOISE - see notes on France.

GREEK SALAD - see notes in Greece

VEGETABLES

Dressed vegetables add interest and variety to meals.

CHINESE STIR-FRIED VEGETABLES

- a mixture of many vegetables can be used.

1 cabbage (shredded)
2 kg carrots (sliced)
green beans (cut in halves)
onions (cut into wedges)
capsicum (cut into strips or chunks)
cauliflower (broken into flowerettes)
spinach (shredded)
mushrooms (sliced)

- 1) Prepare vegetables
- 2) Heat oil in large frying pan (may have to use two), fry a few cloves of garlic and ginger (if available)
- 3) Add vegetables to oil at a high temperature, immediately add salt to vegetables and fry quickly
- 4) Add 1 cup soy sauce, a little sherry (if available), 2 teaspoons sugar, stock if want to make gravy.
- 5) Thicken garvy with cornflour if necessary
- 6) Serve while vegetables are still crisp.

VEGETABLES WITH CHEESE SAUCE

See basic white sauce recipe.

SPANISH POTATOES

12 onions chopped finely
6 green peppers chopped finely
1 kg ham diced
Paprika (2 t.s.p.)
Oil (1 cup)
8 kg potatoes (cooked and diced)
Salt, black pepper

- 1) Saute onions and pepper until tender
- 2) Add potatoes, ham and seasoning and cook until heated through.

HOT POTATO SALAD

- 1) Boil 7 kg potatoes cut into quarters in salted water
- 2) Add mayonaisse, chopped mint or chives or parsley, chopped onion while still hot
- 3) Toss potatoes through mixture and add black pepper
- 4) Serve hot.

SAUTE POTATOES

- 1) Cook 7 kg potatoes in boiling salted water
- 2) Strain when tender
- 3) Place back on heat and add enough oil to coat potatoes and stop them sticking
- 4) Keep temperature high, add chopped shallots and cook until tender.

GARLIC BUTTER CARROTS

- 1) Cook carrots until tender, strain
- 2) Add 500 gms butter, 5 cloves chopped garlic, 2 T sugar and chopped parsley if available
- 3) Cook until carrots are cooked with butter and have a glazed look.

- N.B. 1) Garlic butter can be used on mushrooms
2) Curry butter goes well with cauliflower

CABBAGE FRIED WITH BACON & ONION

2 medium cabbages	Oil
1 kg bacon	Salt & pepper
1 kg onions	

- 1) Shred cabbage finely
- 2) Chop onions and bacon
- 3) Stir fry cabbage in oil, add onions and bacon, salt & pepper and stir fry until tender.

ZUCCINI, TOMATO, ONION & CHEESE

5 kg zucchini	Black pepper
3 kg tomatoes	Garlic
2 kg onions	Oregano
1 kg grated cheese	500 gm butter

- 1) Slice zucchini, chop onions into wedges, chop tomatoes
- 2) Fry onions and tomatoes in butter with garlic and oregano.
Add pepper and salt
- 3) Add zucchini and cook in juice of tomato and onions until tender.
- 4) Add grated cheese before serving.

FRIED RICE

N.B. If possible cook rice at breakfast time for fried rice, as cold dry rice fries a lot easier.

CHINESE FRIED RICE

3 kg rice - cooked	Oil
500 gm onions	Salt & pepper
1 bunch shallots	
1 kg diced ham	
12 eggs	
2 cups soy sauce	
500 gm cooked green peas	
1 crumbled stock cube	

- 1) Fry chopped shallots, onions and diced ham
- 2) Beat eggs and cook as an omlette, when set remove from pan and chop into small pieces
- 3) Add rice to pan with enough oil to stop sticking
- 4) Add other ingredients and soya sauce, keep moving around in pan until ready to serve.

SPANISH FRIED RICE

Method same as Chinese

3 kg rice
2 kg chopped tomatoes
1 kg bacon
6 green or red peppers chopped
1 kg onions
Salt, pepper, paprika
Oil

THIS IS A TRADITIONAL GERMAN RECIPE

EAST PRUSSIAN MEAT BALLS

KONIGSBERGER KLOPSE

12 Slices of white bread
warm water
6 Kg Minced Beef
10 Large onions - peeled and chopped very finely
Juice of 10 lemons
grated skins of 10 lemons
2 cups finely chopped parsley
10 eggs (beaten), 10 pints stock
2 tsp salt
1 cup cornflour

Method

1. Put bread in a dish, cover with warm water, leave to soak
2. Mix onion, lemon peel and $\frac{1}{2}$ the parsley.
3. Squeeze bread as dry as possible and add beef with egg.
4. Shape into ball shapes.
5. Pour stock into the pan and slowly add meatballs.
6. Lower heat and simmer gently with the lid on for 30 minutes.
7. When meatballs are cooked lift out of the pan and add blended cornflour to the stock, and stir until the sauce boils and thickens.
8. Replace meat balls, and reheat for ten minutes, adding the rest of the parsley.
9. Accompany with freshly boiled rice.

POT AU FEU

10-12 onions (peeled and roughly chopped)	6 leeks (washed and most of green tops removed)
6 small cauliflowers (broken into sprigs)	350 gr. plain flour (approx 3 $\frac{1}{4}$ lb)
4 large cans frankfurters (drained and chopped)	2 kilos carrots (peeled, chopped)
	350 gr. grated cheese.
	salt and pepper

1. Cook veges gently in butter or oil till soft - approx 20 mins.
2. Add flour stirring for 4-5 mins.
3. Gradually blend in liquid and add frankfurters.
4. Simmer further 20-25 mins.
5. Season to taste.
6. Add cheese just before serving.

SAUSAGE SUPPER

3 kilos sausages	6-8 pkts onion soup
5 litres cold water	4 kilos potatoes
2-3 large cans peas	salt and pepper.

1. Preferably dice potatoes or otherwise cut into thin slices.
2. Fry sausages till browned 15-20 mins.
3. Make up soup mixes using only 5 litres. water.
4. When soup comes to the boil, add potatoes and simmer 15-20 mins.
5. Add cooked peas and sausages and simmer with lid on till potatoes cooked 15-20 mins.
6. Serve at once.

RISOTTO

2 $\frac{1}{2}$ kilos rice	4-4 $\frac{1}{2}$ litres water
$\frac{1}{2}$ kilo onions	3 cans tomato puree
4 pkts oxo cubes	10-12 medium cans tuna or frankfurters.
salt to taste.	

1. Fry onions and rice in oil till clear and rice browning.
2. Add oxo cubes dissolved in 4-4 $\frac{1}{2}$ litres water plus tomato puree.
3. Simmer until rice is soft adding water and seasoning if necessary.
4. Add tuna or frankfurters and heat gently.
5. Serve with peas, beans or tomatoes.

DESSERTS

WINE TORTE

8 packets of sweet plain biscuits (e.g. ginger nuts)
4 cartons cream (whipped)
strawberry, apricot jam
1 bottle port or sherry
Chocolate for grating - 500 gms

- 1) Spread one side of the biscuit with jam, dip in wine, arrange biscuits standing up in tray to form a log
- 2) Cover the log with whipped cream and sprinkle the top with grated chocolate.

BRANDIED CARAMEL APPLES

750 gms butter	5½ dozen green apples
1.5 kgs brown sugar	½ bottle of brandy
4 T cinnamon	1 T nutmeg
1 T mixed spice	

- 1) Peel and quarter apples
- 2) Melt butter in large saucepan
- 3) Add the sugar and stir until combined
- 4) Add the apples and stir until apples are coated with caramel
- 5) Add the spices, brandy and bring to the boil for 5 minutes
- 6) Serve with cream.

ORANGES IN RED WINE

- 1) Peel and slice about 3½ dozen oranges (make sure you remove the white pith)
- 2) Make syrup using 1 kg sugar and 1 litre of red wine - add cinnamon and mixed spice
- 3) Boil the syrup for 10 minutes and pour over oranges
- 4) Allow to cool and serve with cream.

AMBORSIA

This is a particularly delicious dessert but may be fairly expensive and the marshmallows may not be available

Marshmallows (3 or 4 packets)

3 cartons yoghurt or sour cream

Fruit (canned peaches, strawberries, bananas, orange segments)

Coconut (1 packet)

Brandy

- 1) Soak marshmallows in brandy
- 2) Mix sour cream, fruit, coconut and marshmallows
- 3) Serve as cold as possible

FRUIT SALAD

- 1) Add white wine, cream, sugar and coconut to fruit salad
- 2) Serve fruit salad with yoghurt.

CARAMEL SAUCE

750 gms butter

1.5 kg brown sugar

- 1) Melt butter and add sugar, stir until combined and syrup thickens
- 2) Serve with fruit, fresh or canned and cream.

CREAMED RICE

2 kg rice

1 kg sugar

Vanilla essence

250 gm butter

- 1) Wash rice well to remove excess starch
- 2) Cook in milk instead of water
- 3) As the milk begins to be absorbed add sugar and butter & vanilla.
- 4) Add more milk if the rice becomes too dry.

VARIATIONS:

- 1) Add cinnamon
- 2) Add sultanas or other dried fruit
- 3) Serve with canned fruit
- 4) Flavour with coffee and add some nuts.

CHOCOLATE SPONGE PUDDING

Chocolate custard
sponge cake
chopped nuts
coconut
cream

- 1) Make a chocolate custard using custard powder & cocoa
- 2) Chop the sponge cake into pieces and place in dish
- 3) Sprinkle cake with nuts and coconut
- 4) Pour custard over and mix through the cake
- 5) Sprinkle top with nuts and coconut
- 6) Serve with cream

FRIED BANANAS

Slice bananas in half and fry in butter and sprinkle with brown sugar (brown sugar will melt)
Serve warm with cream.

PANCAKES

1 kg flour
1 T salt
4 eggs
2 pints milk
Opt. Melted butter or oil

- 1) Mix salt through flour
- 2) Add the eggs and enough milk to give a stick consistency
- 3) Beat well to remove lumps and gradually add the rest of the liquid
- 4) If adding oil or melted butter add last
- 5) Serve with ham and cream as a dessert

OR: make a thinner consistency batter and make French crepes.
Serve with fruit and whipped cream

FRESH FRUIT

A mixture of fresh fruits and cheese is a nice dessert.
Fresh melon is a very refreshing dessert.

QUICK CARAMEL FRUIT

1. Melt butter in a saucepan
2. Lightly fry canned pineapple and banana, when fruit is heated sprinkle with brown sugar.
3. When brown sugar is melted serve with whipped cream.

FRUIT CRUMBLE

Use stewed apples, peaches, canned apricots or pineapple.
Top with crushed plain sweet biscuits mixed with melted butter and brown sugar.
Serve with cream.