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Savoury

Beef And Red Wine Pie

Ingredients

375g puff pastry
1 tablespoon Butter
500g steak strips
2 medium onions sliced
1 medium capsicum sliced
1 cup red wine
2 tablespoon Tomato paste
Basil
2 tablespoon Cornflour
125g grated cheese
1 egg lightly beaten

Method

Use 2/3 pastry to line a 23 cm greased pie plate. Melt butter in saucepan and brown the meat well, add onions, capsicum, wine, tomato paste and basil. Simmer 35 minutes or until most of the liquid has evaporated. Blend in cornflour. Simmer 2 minutes or until thickened. Stir in ½ cheese. Spoon meat into pie plate. Sprinkle with remaining cheese. Brush edge of pastry with a little egg. Cover pie with reserved pastry. Glaze and bake at 190 °C for 20 - 25 minutes or until cooked.

Makes 3 pies.

Bread (Using Pre-Mixed Bread Mix)

Ingredients

500 g (3 ½ cups) bread mix
1 sachet of dried yeast
1 teaspoon Caster Sugar
1 tablespoon Olive Oil
310 ml (1 ¼ cups) water
½ cup grated cheese
Sliced olives.

Method

Mix all ingredients. Knead approx 10 minutes until mix is smooth and elastic (see notes on Kneading dough on page 32).

Proof for 30 minutes in an oven set to 40 °C which contains a saucer of boiling water.

Bake at 200 °C for 35 minutes.

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Cannelloni

Ingredients

Sauce

3 tablespoons butter
3 tablespoons plain flour
2 ½ cups milk
1 cup grated cheese
1 teaspoon granulated garlic
2 teaspoons chives

Filling

250g chopped spinach leaves
250g ricotta cheese
3 tablespoons grated parmesan cheese

12-14 cannelloni tubes

Method

Mix sauce ingredients in a bowl. Microwave 1 minute and whisk. Repeat until the cheese has merged into the mix, and the edges of the mix begin to thicken.

Mix filling ingredients in a bowl. Fill cannelloni tubes with mix (a cake icing bag works well for this).

Place filled tubes in a 3-4 cm deep baking dish, and pour sauce over until all the tubes are covered. Bake at 200 °C for 35-40 minutes.

Chicken Burritos

Ingredients

300g diced chicken breast
3 large shallots, sliced
1 tablespoon butter
Garlic
Rosemary
1 cup white wine
1 cup fresh cream
½ tablespoon butter
Italian herbs
1 tablespoon milk powder
Plain flour

Method

Brown chicken, shallots, garlic and rosemary. Add rest of ingredients. Simmer 10 min, then thicken with plain flour.

Slow Cooker Chicken

Ingredients

1 kg chicken thighs cut into quarters
2 zucchini sliced
2 carrots julienned
1 ½ cups frozen sliced beans
2 cups chicken stock
½ cup white wine
Garlic, thyme and parsley

Method

Put stock and wine and spices into slow cooker and switch onto low setting. Add zucchini and carrots, add chicken. Cook on low for 5 hours. Add beans and cook another hour. Serve with a topping of grated cheese.

Alternative method – use diced rump steak, beef stock, red wine, tomato paste, and peas instead of beans.

Fish Pie

Ingredients

2 oz butter
2 tablespoons plain flour
½ cup milk
Granulated garlic
Parsley
250g tuna in brine
Puff pastry
Cheese

Method

Melt butter in small bowl. Blend in flour then milk, garlic and parsley microwave for 1 minute. Mix in tuna. Grease baking dish and place puff pastry sheet. Put mixture onto pastry, forming log shaped roll. Cover with slices of cheese. Cover with top half of pastry sheet and brush milk over the joins. Bake at 180 °C for 30 minutes or until brown. Serve hot with mixed vegies.

Gnocchi

Ingredients

150g flour
750g potatoes
2 egg yolks
Nutmeg
25g parmesan cheese
50g butter
100ml single cream

Method

Boil potatoes, drain and mash. Add flour, 1 egg yolk and nutmeg. Knead together then divide into small shapes.

Dice the cheese, discarding the rind. Put it in a pan with the melted butter and the cream. Place on a low heat or in a double boiler and stir with a wooden spoon until the cheese has melted. Add the other egg yolk and a generous grinding of pepper and stir briskly.

Cook the gnocchi in plenty of salted boiling water until they rise to the surface.
Drain. Pour the sauce over the boiled gnocchi and serve at once.

Lasagne

Ingredients

Spaghetti sauce (see Spaghetti on page 18)
Cannelloni sauce (see Cannelloni on page 6)
Lasagne pasta sheets

Method

Pour a thin layer of cannelloni sauce into a deep baking dish. Place a pasta sheet on the sauce, then place a thin layer of spaghetti sauce on top. Ladle cannelloni sauce over the top, making sure that everything is covered. Repeat another two layers.

Bake at 200 °C for 35-40 minutes. Push a knife into the lasagne to test whether the pasta has cooked.

Allow to stand 10 minutes so that the lasagne firms up enough to serve.

Meat Pasty

Ingredients

Filling

650g beef strips
1 egg
2 tbsp milk powder
1 small onion, diced
1 ½ cups grated cheese
Pepper
Oregano
Basil
1 ½ teaspoons mustard.

Pastry

2 cups plain flour
2 tablespoons butter
Water

Method

Rub butter into flour. Add water, roll out and set aside.

Dice the beef strips and add onion and mustard. Cook in a saucepan until meat is brown.

Remove from heat and drain.

Lightly whisk egg, add powdered milk and spices.

Add cheese, egg/milk to the meat and stir in.

Oil a pizza dish and lay out the rolled pastry. Ladle the mix into one half and fold over, sealing the edges.

Bake at 180 °C for 30 min.

Oven Baked Pumpkin Risotto

Ingredients

½ butternut pumpkin peeled and diced
1 green capsicum diced (may be replaced with 1 small grated zucchini or 1 cup green peas)
1 onion finely chopped
2 cups arborio rice
1 heaped tablespoon butter
1 tablespoon olive oil
4 cups chicken stock
Garlic
Parsley
1 ½ cups parmesan cheese grated

Method

Prepare veggies. Prepare stock as per packet instructions. Sauté onion and garlic in butter and oil, add capsicum and cook a further 2 minutes. Add pumpkin and cook a further 5 minutes.

Add rice to veggies and stir until rice is coated with oil. Add stock and pepper and stir well. Bake uncovered at 160°C for 30 minutes. Stir in parmesan and parsley, cover and bake another 10 minutes.

Serve garnished with fresh parsley sprig and sprinkle of parmesan.

Pizza

Ingredients

Base:

4 cups Bread Mix

1 teaspoon Caster sugar

1 sachet dried yeast

Approx 3 cups lukewarm water (more or less may be required)

2 teaspoons Olive Oil

Method

Sift Bread Mix into large bowl and mix in sugar and yeast. Pour water and oil into centre of dry ingredients and mix to form dough. Knead until smooth and elastic (approx. 10 minutes - see notes on Kneading dough on page 32). Cover dough and stand in a warm place 30 - 40 minutes. Roll dough to fit two 25 cm pizza plates. Precook base for 5 minutes at 200 °C. Cover with desired toppings. Bake at 180 ° for 20 minutes.

Pumpkin Soup

Ingredients

60g butter
1 large sliced onion
4 chopped shallots
750g pumpkin, peeled and diced
Garlic
Oregano
¾ cup sour cream
2 cups milk

Method

Microwave pumpkin 5 minutes to soften.
Melt butter in saucepan add onion and shallots. Cook until soft, but not brown.
Add pumpkin and milk. Cover, simmer until pumpkin is soft.
Add cream. Heat until almost boiling, but do not boil.
Season with pepper and chives.

Serving Tip

If attempting to serve to Americans, name this dish “Leek Soup”. Americans will only eat pumpkin in sweet dishes.

Quiche Florentine

Ingredients

Pastry:

1 ¼ cup plain flour
2 tbsp butter
¼ cup water
½ tsp. Salt

Filling:

1 pkt frozen spinach
3 eggs
Pepper
Salt
1 carton sour cream (300g)
½ cup grated pizza cheese
½ cup grated parmesan cheese
½ teaspoon Garlic
1 teaspoon Oregano
1 teaspoon Basil

Method

Rub butter into flour and add water to form dough. Grease quiche dish well. Roll out dough to fit quiche dish. Put in fridge to cool dough.

Mix filling ingredients and pour into pastry. Add some more cheese and herbs to garnish. Bake at 180 °C for 30 minutes.

Serve with salad or vegies.

Quiche Lorraine

Ingredients

Pastry:

1 ¼ cup plain flour
2 tbsp butter
¼ cup water
½ tsp. Salt

Filling:

150g diced bacon
1 small grated zucchini
3 eggs
Pepper
Salt
1 carton sour cream (300g)
½ cup grated pizza cheese
½ cup grated parmesan cheese
½ teaspoon Garlic
1 teaspoon Oregano
1 teaspoon Basil

Method

Rub butter into flour and add water to form dough. Grease quiche dish well. Roll out dough to fit quiche dish. Put in fridge to cool dough.

Mix filling ingredients and pour into pastry. Add some more cheese and herbs to garnish. Bake at 180 °C for 30 minutes.

Serve with salad or vegies.

Spaghetti

Ingredients

500g prime mince
1 large onion diced
1 large capsicum diced
1 220g tin condensed tomato soup
1 heaped tablespoon tomato paste
120ml red wine
½ teaspoon Granulated garlic
1 teaspoon Basil
1 teaspoon Rosemary
1 teaspoon Oregano
2 tablespoons Parsley
200g thick spaghetti
Grated cheese

Method

Snap spaghetti in half, and place into boiling pot of water and simmer until soft (approx 15 minutes). Brown mince and onion in shallow saucepan then add capsicum, tomato soup, tomato paste, red wine, and spices. Simmer on low heat, stirring occasionally for 20 minutes. Serve on drained and rinsed pasta with grated cheese topping.

Stir fry

Ingredients

500g beef strips
2 tbsp soy sauce
1 sliced onion
½ a sliced capsicum
½ cup chopped pineapple
Snow peas
Julienned carrots
1 teaspoon cornflour
1 chicken stock cube

Method

Brown meat in soy sauce and set aside.

Fry onion, carrot, capsicum until tender. Add cooked meat and chopped pineapple. Add snow peas.

Add cornflour and chicken stock cube. Add water if required.

Serve with boiled rice, or stir in hokkien noodles. Can be prepared with chicken strips and satay sauce, or beef strips and teriyaki sauce.

Stuffed Gluten

Ingredients

Gluten

1 large onion finely chopped
1 tablespoon Soy sauce
2 eggs
2 cups milk
Gluten flour

Stuffing

Breadcrumbs from 4 slices of bread
2 teaspoon Mixed herbs and parsley
1 teaspoon Butter
1 egg
½ of chopped onion (listed above)

Sauce:

1 pkt cheese & leek soup
4 cups water
2 tsp. Chicken stock

Method

Mix “gluten” ingredients (except flour). Slowly blend in gluten flour. Lightly grease pan with butter (or olive oil). Pour like a pancake and allow to set. Mix stuffing and place on one half of the pancake. Carefully flip other half over the top. Mix sauce and pour over roll of gluten ensuring that sauce gets underneath to prevent sticking. Simmer approx. 1 hour, regularly checking the fluid level. Add water if necessary.
Serve hot with baked vegies.

Sweet

ANZAC Biscuits

Ingredients

2 cups rolled oats (try muesli for a sweet alternative)
½ cup white sugar
1 cup plain flour, sifted
125g butter, melted
1 tablespoon golden syrup
1 teaspoon baking powder
2 tablespoons boiling water

Method

Combine oats, sugar, and flour in a large mixing bowl. Add melted butter and mix well. Add golden syrup and mix. Stir baking powder into boiling water and add to mixture immediately. Mix well. Take a spoonful of mixture and roll into a ball. Flatten slightly and place on well greased or non-stick baking tray. Repeat until all mixture is used. Bake for 15-20 minutes at 180°C.

Apricot Scones

Ingredients

2 cups self-raising flour
3 dessertspoon brown sugar
¼ cup finely chopped dried apricots
15g butter
250ml (1cup) milk, approximately
1 teaspoon baking powder

Method

Grease oven tray. Sift flour and sugar into bowl, stir in apricots. Rub in butter, stir in enough milk to mix to a soft sticky dough. Turn dough onto floured surface and knead lightly until smooth.

Divide into six equal portions and press into scone shape. Place scones onto greased oven tray and brush with a little extra milk. Bake for 15 minutes at 180 ° C.

Serve hot with butter.

Banana Cake

Ingredients

½ teaspoon baking powder
125g butter
½ cup caster sugar
2 eggs
1 tsp vanilla
1 ¼ cup self raising flour
¼ cup corn flour
Pinch salt
1/3 cup milk
3 small bananas

Method

Beat butter and sugar together until light and creamy add eggs and vanilla and beat well. Sift flours and salt together and fold into butter mixture, alternately with milk. Mash bananas well and fold into mixture. Bake at 180°C for 35-40 minutes. Cool then ice with lemon icing (icing sugar, butter, lemon juice and rind),

Caramel dumplings

Ingredients

Dumplings

1 ¼ cups self raising flour
1 oz butter
1/3 cup white sugar.
1 teaspoon Vanilla
Pinch of salt

Sauce

1 oz butter
1 ½ cups brown sugar
1 ½ cups water
Pinch of salt

Method

Dumplings

Sift flour and salt, rub in butter add sugar and combined milk and vanilla. Stir well.

Sauce

Combine all in large saucepan stir constantly and bring to boil reduce heat and drop in tablespoons of batter. Cover and simmer for 20 minutes.

Serve hot with generous helpings of cream or ice cream.

Creamed Rice

Ingredients

400g tin condensed milk
3 tbsp powdered milk
1 cup rice

Method

Boil rice until soft, drain and rinse in hot water. Pour condensed milk over rice and mix well. Add powdered milk and mix well. May be served hot or cold.

Custard

Ingredients

1 teaspoon vanilla essence
2 tablespoons custard powder
1 tablespoon sugar
2 tablespoons powdered milk
500 ml milk

Method

Mix all ingredients. Microwave 2 minutes. Stir. Microwave another 3 minutes.

Karena's Trifle

Ingredients

1 packet (6) jam rollettes
1 tin two fruits (800g)
2 packets red aeroplane jelly
1 packet green aeroplane jelly

Custard see page 27

Method

Cut rollettes in half crosswise and arrange in trifle bowl with ends up. Prepare one red jelly as per packet instructions and pour over the rollettes. Prepare second red jelly if needed to cover the rollettes entirely. Refrigerate to set jelly – overnight is best.

Drain two fruits and arrange on top of set red jelly. Prepare green jelly as per packet instructions and pour over two fruits to just cover them. Refrigerate to set jelly – overnight is best.

Prepare custard. Allow custard to cool but not set – pour over top of trifle. Refrigerate to set custard.

Alternative method – prepare as individual serves in disposable plastic cups.

Pancakes

Ingredients

Sweet

1 ½ cups Self Raising flour
1 teaspoon baking powder
1 teaspoon sugar
1 teaspoon salt
2 eggs
1 ¼ cups milk
3 tablespoons melted butter

Savoury

Add

1 large onion (grated)
1 cup grated cheese
Fresh chives
A touch of pepper.

Method

Sift dry ingredients into bowl, mix. Add eggs, milk, and butter. Mix. Pour into electric frypan set at 180 °C. Yields 8 x 6 inch pancakes.

Shortbread Biscuits

Ingredients

125 g butter
1 egg
2 tablespoons Golden Syrup
1 $\frac{3}{4}$ cup sifted Plain Flour
 $\frac{1}{2}$ cup sifted Self Raising Flour
 $\frac{1}{2}$ cup Brown Sugar
 $\frac{1}{2}$ teaspoon Bicarbonate Soda
2 tablespoons Castor Sugar

Method

Cream the butter and sugar with an electric mixer. Add egg and golden syrup and beat well. Add flour and bicarbonate soda. Mix well.

Knead dough and refrigerate 30 minutes. Roll out to a thickness of about 1 cm. Cover a baking tray with aluminium foil.

Pre-heat oven to 180 °C. Cut shapes and place on the foil-covered tray. Bake 10 minutes or until golden.

Appendices

For our US cousins...

To convert temperatures in °C to °F, the formula is...

$$F = 9/5C + 32$$

Temp in °C	Temp in °F
0	32
180	356
190	374
200	392
210	410
220	428

Table 1: Temperature Conversion Table

Knives

Keep a sharpening stone in the kitchen. A knife should slide easily through onions, etc. If you have to exert a lot of force to slice onions, the knife should be sharpened.

Exerting a lot of force will increase the likelihood of injury due to the knife slipping or turning in the hand. Also, onions will release juice into the air when crushed. A sharp knife will crush less, releasing less juice, and reducing eye irritation.

Sharpening the last few centimetres of the back blade will put a nice sharp point on the blade. This is very handy for piercing capsicum skins, plastic wrap, etc.

Always cut in a direction away from one's own body and hands. If a knife should happen to slip it is better to not have it slip towards you.

Kneading dough

Gluten is a naturally occurring protein found in grains such as wheat. It resembles a long piece of string wound up into a ball. The purpose of kneading is to unwind the ball so that the gluten strands can form a membrane. The membrane is to trap the CO₂ produced by yeast, causing the dough to rise.

Most normal plain flour for home baking has insufficient gluten to make good bread. Proper baker's flour is of a higher quality. Bread-machine premixes work well, as they have the higher quality flour as well as some simple bread improvers (vitamins, etc) that will help your yeast to grow. Gluten-free flour won't work for bread.

Kneading is best performed by stretching the dough out.

1. Place the dough ball on the bench
2. Hold one edge with one hand.

3. Use the other hand to stretch the dough away from you.
4. Re-roll the dough ball.
5. Repeat for 5-10 minutes.

When the dough is smooth, rather than “wet floury”, the job is done.

Have a look at the breadcrumbs from your bread. If they are too biscuit-like then you have to knead for longer. If your loaf collapses then you may have done too much, weakening the structure. It may take a few failures before you are happy with the result