SMITH'S HILL'S 2020 COOKBOOK RECIPES SUBMITTED BY OUR SCHOOL COMMUNITY!



## **BANANA CAKE**

Submitted by The Rowland Family

### **INGREDIENTS**

- 125g butter, softened
- 3/4 cup sugar
- 2 eggs
- 2 very ripe bananas, quartered
- ¼ cup plain or Greek yoghurt
- 2 cups self raising flour
- 1 teaspoon bi-carb soda

## **PROCEDURE**

- 1. Preheat oven to 170 degrees C.
- 2. Line a 20cm deep cake tin with baking paper
- 3. Place butter, sugar and bananas into the bowl or food processor,
- 4. Process until the butter is creamed and the bananas are pureed.
- 5. Add the eggs one at a time
- 6. Add the yoghurt, Bicarb, and the flour.
- 7. Process until combined
- 8. Pour mixture into the tin and bake in moderate oven for 50 minutes or until cooked when tested.
- 9. Cool on a wire rack
- 10. Ice with Lemon icing, or sprinkle with sifted icing sugar.
- 11. Alternatively, you could add chopped walnuts to the top of the cake prior to baking

## **ALLERGEN WARNING**

Contains walnuts (optional)



# BARLEY AND CASHEW SALAD

Submitted by Susan Glazier

#### **INGREDIENTS**

#### Salad

- 1 cup pearl barley
- 2 cups chopped fresh curly leaf parsley
- 1.5 cups chopped fresh mint leaves
- 1 small finely chopped red onion
- 1 cup roasted cashews chopped
- 1 carrot grated
- 1/2 cup currants
- Greek yoghurt to serve

#### Dressing

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 garlic clove crushed
- 2 tsp mild curry powder
- salt, pepper

#### **PROCEDURE**

- 1. Boil barley in salted water for 25mins until tender.
- 2. Rinse and allow to cool completely
- 3. Whisk all ingredients for the dressing together
- 4. Toss all ingredients together in a large bowl then serve with yoghurt on the side.

## **ALLERGEN WARNING**

• Contains cashew nuts



# BREAD BOAKIBA (MALDIVIAN BREAD CAKE)

Submitted by Mazaya Shuja

#### **INGREDIENTS**

- 15 slices white bread without crust (number of slices may vary depending on the size of the bread- 390 grams bread)
- 100 ml water
- 200 ml fresh milk (full cream or any light milk)
- 1 can sweetened condensed milk (397g)
- 2 eggs
- 2 tsp vanilla essence
- choice of food colouring (optional)

## **ALLERGEN WARNING**

- Eggs
- Wheat (gluten)

- 1. Preheat the oven to 200c (180c fan forced) and butter a 22 cm cake pan.
- 2. Break bread slices into chunks by hand and sprinkle water into the broken bread slices and let it soak for a while.
- 3. Meanwhile add milk, egg and condensed milk into the blender and mix. Slowly start adding the soaked bread into the blender in batches as they mix. You will notice the mixture getting thicker and bread slices might start floating on the top. Using a spoon carefully push them inside, so that all gets mixed through.
- 4. Add vanilla and food colouring and blend for a smooth batter.
- 5. Pour the mixture into the buttered cake pan and cover with foil.
- 6. Place into a deep tray or a roasting pan and fill with hot water (it should be about halfway up the side of the cake pan.
- 7. Carefully transfer it to the centre rack of the oven and bake for 45 minutes or until a toothpick or skewer comes out clean.
- 8. Cool it before slicing it. Serve warm or cold.



## **CARKE**

Submitted by Leonie Brand

#### **INGREDIENTS**

- 100g butter
- 230g cream cheese
- 8 whole eggs
- 250g almond meal/flour
- 30g coconut flour
- 1.5tsp baking powder

#### Flavourings (4 options) Savoury

- 1 tsp dried rosemary
- 1 tsp dried sage
- 1 tsp dried parsley
- 0.5 cups shredded cheese
- 0.5 cups shredded ham

#### Chocolate

- 70g granulated Stevia
- 2 tbs cocoa
- 1 tsp vanilla extract

#### lemon or Orange

- 1 zest of lemon or orange
- 70g granulated Stevia

#### Lemon and Blueberry

- 1 zest of lemon or orange
- 70g granulated stevia
- 1 punnet of blueberries

#### **ALLERGEN WARNING**

- nuts
- dairy
- eggs

### **PROCEDURE**

- 1. Grease your pans/tins
- 2. In a medium-size bowl, cream together the butter and cream cheese (and stevia if using this) until it is smooth.
- 3. Add the eggs and continue mixing the batter until it is blended well.
- 4. Add the flavourings and beat until it is fully combined. (Hold back the Cheese and Ham, or the Blueberries if using those flavourings).
- 5. Add the coconut flour, almond meal, and the baking powder. The batter will be thicker than normal cake batter.
- 6. Final step if using Ham and Cheese or Blueberries. Gently stir them evenly through the batter.
- 7. Cupcakes, fill to a few mm below the top. Larger cake tins or loaf tins ¾ of the way up.
- 8. Bake it at 180c degrees for about 35 minutes. (Large loaf pans take about 50-55 minutes)

The carke should be golden brown on top and pass the skewer test (stick a skewer in the centre of the carke and it should come out clean).

10. Slather in butter straight from the oven.



# CHOCOLATE CHIP COOKIES

Submitted by Sara Al-Shihidi

### **INGREDIENTS**

- ½ cup granulated sugar
- ¾ cup brown sugar, packed
- 1 teaspoon salt
- ½ cup unsalted butter, melted
- 1 egg
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- ½ teaspoon baking soda
- 1 cup milk chocolate chunks or milk chocolate chips
- 2 tbsp sugar

## **ALLERGEN WARNING**

Contains egg

- 1. Preheat oven to 180°C fan forced.
- 2. Line a baking tray with baking paper.
- 3. In a large bowl, whisk (or use an electric mixer) together the sugars, salt, and butter until a paste forms with as little lumps as possible.
- 4. Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
- Sift in the flour and baking soda, then fold the mixture with a spatula (ENSURE YOU DON'T OVER MIX THEM OR THEY WILL TURN OUT TOO HARD)
- 6. Fold in the chocolate chunks, then chill the dough for at least 30 minutes.
- 7. Scoop the dough with an ice-cream scoop onto a baking paper-lined baking tray, leaving at least.
- 8. Bake for 12-15 minutes, or until the edges have started to barely brown.
- 9. Cool before serving. Enjoy!



# CHOC CHIP SHORTBREAD

Submitted by The Rowland Family

#### **INGREDIENTS**

- ½ cup brown sugar
- ½ cup icing sugar
- 250g butter
- 2 ¼ plain flour
- ¼ rice flour
- 150g dark choc chips

## ALLERGEN WARNING

Not applicable

- 1. Preheat oven to 180 degrees C.
- 2. Line oven tray with baking paper
- 3. In a mixing bowl, cream together the sugars and the butter until just pale.
- 4. Sift in the flours and add choc chips.
- Roll into balls and place 3 cm apart on the prepared oven tray
- 6. Bake in the oven until light golden brown, around 12-15 mins
- 7. Cool on tray for about 20 mins before transferring onto a cooling rack



# CHOCOLATE BROWNIES

Submitted by Amanda Marks

#### **INGREDIENTS**

- 250g butter
- 1 Cup of Cocoa
- 2 Cups of Sugar
- 4 Eggs
- 1 Cup of Flour
- 1 Teaspoon Vanilla
- ¼ Teaspoon Salt
- 250g chocolate chips

## **PROCEDURE**

- 1. Prepare a 26cm x 16cm tin & pre-heat oven to 180
- 2. Melt butter and stir in cocoa then remove from heat and stir in sugar.
- 3. Add eggs one at a time and vanilla.
- 4. Fold in flour and add chocolate chips.
- 5. Bake for 20-25 minutes.

#### ALLERGEN WARNING

dairy



## **CREOLE BEIGNETS**

Submitted by Grace McCann

#### **INGREDIENTS**

- 3 tsp dry yeast
- I cup lukewarm water
- ¼ cup sugar
- ½ tsp salt
- 1 egg
- 2 tbsp butter
- ½ cup evaporated milk
- 4 cup plain flour
- Oil for deep frying
- Icing sugar to serve

## **PROCEDURE**

- 1. In a large bowl dissolve yeast in the water with 1 tsp sugar. Leave for 5 minutes until it foams.
- 2.Add all the remaining ingredients, mix well to form a soft dough. Cover and leave to chill in fridge for 24 hours up to 1 week.
- 3. Roll out dough to approx 5mm thick and cut into 50mm squares.
- 4. Heat oil to 180 o C. Deep fry in batches for 2-3 minutes or until golden.
- 5. Best eaten straightaway, generously sprinkled with icing sugar.

- dairy
- eggs
- gluten



# DOUBLE CHOC MUG CAKES

Submitted by Emma Burnard

#### **INGREDIENTS**

- 1/3 cup of self raising flour
- 2 Tbsp white sugar
- 2 Tbsp brown sugar
- 2 Tbsp cocoa powder
- Pinch of salt
- 1/4 cup milk
- 1 egg
- 2 Tbsp MELTED butter
- 1/2 tsp vanilla extract(Optional)
- 1/4 cup of small chocolate chips

### **PROCEDURE**

- 1. Whisk together dry ingredients in a large bowl.
- 2. In a separate bowl, whisk together wet ingredients
- 3. Combine by pouring wet ingredients into the dry bowl, and whisking until a smooth runny mixture.
- 4. Pour mixture evenly into two mugs. Divide chocolate chips and stir in mug if necessary.

  Remember heavy things sink and you don't want a clump on the bottom.
- 5. Microwave each mug for a minute SEPARATELY.

- dairy
- eggs



# DOYLEY'S PEANUT BUTTER COOKIES

Submitted by Kerry-Lee Doyle

#### **INGREDIENTS**

- 1 cup brown sugar
- 1 cup peanut butter
- 1 tsp bicarbonate soda
- 1 egg
- 1 cup of any of the following or combinations
  - crushed macadamia nuts
  - crushed pecans
  - white chocolate bits
  - chopped up left over chocolates (Roses, Favourites etc)

#### **PROCEDURE**

- 1. Preheat oven to 180
- 2. Mix all ingredients together
- 3. Line a tray with baking paper
- 4. Space out tablespoons of dough on the tray
- 5. Bake for 8 minutes

Be careful not to burn them!

- peaanuts
- dairy



## **DUMPLINGS**

Submitted by Anny Cao and Wei Wei Wang

### **INGREDIENTS**

- 750g plain flour
- 500g beef mince (can be pork or chicken mince)
- 1 or 2 cup of water roughly
- 1 chopped shallot (add small amount of ginger too if you like ginger)
- 1 tablespoon of salt
- 2 tablespoon of soy sauce
- 2 tablespoon of olive oil
- 1 teaspoon of black or white pepper powder
- Veggies, eggs or seafood depends on what you like, you can put in more or less.
- Chop them in small pieces

#### Sauces

- 1 tablespoon minced garlic
- 1 pinch ground Sichuan pepper or pepper powder
- 1 pinch salt
- 1/2 teaspoon light soy sauce
- 2 tablespoons black rice vinegar or balsamic vinegar
- Fresh chilli, finely chopped or chilli oil or chilli of your choice
- Coriander, chopped

## **ALLERGEN WARNING**

- gluten
- eggs
- seafood

#### **PROCEDURE**

- 1. Put the flour in the bowl, use a wooden spoon to stir the flour while you add cold water. Knead the dough in the bowl to bring all the lumps into one mass.
- 2. After kneading, set the dough aside to rest at room temperature for at least 15 minutes and up to 2 hours. The result should be nearly smooth and somewhat elastic.
- 3. Mix chopped shallot, salt, soy sauce oil pepper powder with beef mince. Beef mince can be dry so we need to add water and mix well to create a juicy and flavourful dumpling filling.
- 4. Once mince is ready you can add all the veggies and mix well together.
- 5. Dumpling wrappers https://www.youtube.com/watch? v=0hkFsnnTn90
- 6. Cooking

#### Boiling

Put the ready made dumplings into boiling water, stir, make sure not sticking to the bottom, then put the lid on. Once water boils add some cold water then stir put on lids again. Add cold water about three or four times then it is ready.

You can rinse the dumplings with cold water for a few seconds to prevent sticking to each other. Ready to eat.

#### Steaming

10-15 minutes, 100 in a steam oven or a pot *Pan Frying* 

Heat up a little oil over a high heat then add the dumplings. Check the bottom part of a dumpling. If it turns light brown, pour in cold water (enough to cover 1/3 of the dumplings). then immediately cover with a lid. Uncover when the water evaporates completely. Cook another 30-60 seconds to crisp up.

- 7. Mix sauce ingredients
- 8. Serve



# NANA'S GINGERBREAD

Submitted by Isabelle Hodsgon

### **INGREDIENTS**

- 1 ½ cups plain flour
- ½ cup self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ½ tsp mixed spice
- 1 cup caster sugar
- 2 eggs lightly beaten
- 1 cup milk
- 125g butter chopped
- ¾ cup golden syrup
- ¼ cup treacle

## **PROCEDURE**

- 1. Grease two 14 x 21 cm loaf pans.
- 2. Sift flours, soda and spices into a bowl.
- 3. Stir in sugar, eggs and milk until combined.
- 4. Place butter and syrups in a small pan on low heat until butter is melted. Add to batter, mix until smooth.
- 5. Divide mixture evenly between both pans.
- 6. Cook in a moderate oven (180°C or 160°C for fan-forced) for 50 min or until loaves spring back when tested.

- dairy
- eggs



# GLUTEN FREE BROWNIES

Submitted by James Babian

#### **INGREDIENTS**

- 125g butter, chopped
- 125g dark chocolate, chopped
- 3 eggs, lightly beaten
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 110g almond meal
- 1/4 cup Dutch cocoa powder
- 1 teaspoon vanilla extract
- 100s and 1000s

## **PROCEDURE**

- 1. Preheat oven to 180°/160° fan forced.
- 2. Grease and line a 20cm cake tin.
- 3. Melt butter and chocolate together, stir in dry ingredients, then beaten eggs. Don't over-mix.
- 4. Pour into tin, bake until you can put a skewer in and it comes out clean
- 5. Once baked, decorate with chocolate chips and/or 100s and 1000s

- Contains nuts
- Contains eggs



# GRANDMA'S PIKELETS

Subitted by Jack Webb

#### **INGREDIENTS**

- 1 cup self raising flour
  - GF: 1 cup GF self raising flour
- ¼ tsp bicarb. soda
- ½ cup milk
  - DF: ½ cup soy milk
- 1 tsp vinegar
- 1 egg
- 1 tbsp melted butter
  - DF: 1 tbsp melted DF butter
- 2 tbsp sugar

## **ALLERGEN WARNING**

- dairy
- gluten

- 1. Sift flour and bicarb soda
- 2. Add sugar
- 3. Beat eggs and add to milk and vinegar
- 4. Pour egg mixture into dry ingredients
- 5. Add melted butter
- 6. Add more milk until the mixture is a soft dripping consistency
- 7. Cook dessert spoon sized dollops of mixture in a hot pan
- 8. Flip once the bubbles on the surface pop
- 9. Serve with chosen topping or plain



# HUMMINGBIRD CAKE

Submitted by Courtney Dennelly

#### **INGREDIENTS**

- 3/4 cup plain flour
- 3/4 cup self-raising flour
- 1/2 tsp bicarb soda
- 1 tsp cinnamon sugar
- 1 cup firmly packed brown sugar
- 450g can crushed pineapple in juice, reserving 1/3 cup juice
- 1/2 cup desiccated coconut
- 1 cup mashed banana(usually about 2, the blacker the better)
- 2 eggs, lightly beaten
- 1/2 cup extra light olive oil

#### Cream Cheese Frosting

- 125g cream cheese, softened( you can also use sour cream)
- 11/2 cups icing sugar mixture

## **ALLERGEN WARNING**

- dairy
- eggs
- gluten

- 1. Preheat oven to 180oC/160oC fan forced. Grease 23cm square cake pan. Line base and sides with baking paper.
- 2. Sift flours, soda, cinnamon and sugar into a large bowl. Stir in pineapple, reserved juice, coconut, banana, egg, oil and 1/4 cup cold water. Pour into prepared pan.
- 3. Bake for 45 mins or until a skewer inserted into the centre comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack to cool.
- 4. Make cream cheese frosting: Using an electric mixer, beat cream cheese until light and fluffy. Gradually add icing sugar. Beat until smooth. Spread frosting over top of cake. Sprinkle with walnuts. Serve



# MANGO SMOOTHIE BOWL

Submitted by Lily Callaughan

#### **INGREDIENTS**

- 1 cup of frozen mango
- 1 frozen banana
- 1/2 cup milk

#### Toppings:

- 1 tablespoon of passionfruit
- 3 fresh raspberries
- 3 thin slices of fresh banana
- a pinch of chia seeds

## **PROCEDURE**

- 1. Add fruit and milk to a blender.
- 2. Blend on high for 1 minute until thick and creamy.
- 3. Add smoothie to a bowl and decorate with chosen toppings.
- 4. Enjoy!

## **ALLERGEN WARNING**

• Contains milk



## **MOUSSAKA**

Submitted by Adam Elgendy

#### **INGREDIENTS**

#### Minced Meat

- 6 tbsp vegetable oil
- 2 medium sized onions
- 300g minced beef meat(can be substituted for vegan meats/meat substitutes)

#### Salsa

- 2 tbsp vegetable oil
- 8-10 garlic cloves(minced)
- 2 tbsp tomato paste
- 1 chopped tomato tin
- 1/4 cup vinegar

#### Moussaka

- 3 large eggplants
- 1 red capsicum
- vegetable oil spray
- 1 tin chopped tomatoes
- 2 tbsp tomato paste
- 10 minced garlic cloves
- 1 tbsp white vinegar
- salt & pepper

#### For the twist

- pine nuts
- butter

#### **ALLERGEN WARNING**

nuts

## **PROCEDURE**

#### Minced Meat

- 1.On a medium heat, heat the 6 tablespoons of vegetable oil.
- 2. Add chopped onions till golden
- 3. Add minced meat and keep stirring till brown
- 4. Add pinch of salt and black pepper
- 5. set aside for layering

#### i Salca

- 1.In a pan add vegetable oil and add Minced garlic till golden
- 2. Add 2 tbsp of tomato paste till roasted
- 3. Add chopped tomatoes tin
- 4. Add vinegar till boiling
- 5. set aside for layering

#### Moussaka

- 1. Peel the egg plants in strips and cut it into slices. Sprinkle some salt on every piece and spray with vegetable oil. Air fry or roast it in oven.
- 2. Wash and cut the capsicum into small slices and air fry or oven roast with a spray of cannula oil.
- 3. Lay down the 1st layer of fried eggplants in the tray then minced meat and fried capsicum then add salsa (cooked tomato sauce), top up with another layer of fried eggplants and then the rest of the salsa.
- 4. The tray goes in the oven for 20-30 min on 160 Degree fan forced
- 5.add the butter fried pine nuts on top Usually served with white rice .. Bon Appetite!



# ORANGE AND PINE NUT BISCOTTI

Submitted by Elena Miccoli

#### **INGREDIENTS**

- 1 cup pine nuts (135g)
- 1 tablespoon whole anise seed (available from health food shops or delis)
- 2 cups plain flour (270g)
- 1 cup sugar (135g)
- 2 teaspoons baking powder
- 3 eggs
- Zest of 2 large oranges
- 2 tablespoons liqueur e.g. Grand Marnier or sherry (or substitute with orange juice if preferred)

## **ALLERGEN WARNING**

nuts

- 1. Position rack in centre of oven and preheat to 170C.
- 2. Line a large baking tray with baking paper. Place pine nuts in single layer on tray and toast in oven around 5-7 minutes until just golden (careful they easily burn). Remove and set aside to cool.
- 3. Crush anise seed using mortar and pestle (alternatively seal seed in zip lock bag and lightly roll
- over bag with rolling pin). Place crushed seed in small non-stick fry pan over low heat and warm 3 minutes until aromatic.
- 4. Combine flour, sugar, baking powder, anise seed and pine nuts together in a large bowl.
- 5. Whisk eggs in a separate bowl. Mix in orange zest and liqueur. Add wet mix to flour mixture and mix to combine to a sticky batter.
- 6. Divide batter into two rough balls and place onto opposite long sides of lined baking tray. Wet your hands and shape each ball into rough loaf shape, each about 30-35cm long by 8-10cm wide (mixture is sticky so wetting your hands makes it easier to shape).
- 7. Bake for 40 minutes, turning tray around halfway through (until loaves are golden). Cool loaves on a rack for about 20 minutes before slicing.
- 8. Reduce oven temperature to 100C. Use large serrated knife to cut around 1.5cm thick slices from each loaf, each loaf should make around 20-22 slices. Place slices on their sides back onto baking tray in a single layer and bake biscotti for around 20 minutes until toasted and crisp. You can turn off oven at this point and let biscotti cool inside oven with door open the longer they stay in the oven the harder they become. Remove from oven and let them cool completely before storing in an airtight container they should last up to a month. Great for dunking in a cup of tea or coffee!



# PASSIONFRUIT CHEESECAKE SLICE

Submitted by Sarah Koschny

#### **INGREDIENTS**

#### Coconut slice base:

- 150g of butter at room temp
- 1/3 of a cup of caster sugar
- 1 tsp of vanilla essence
- 1 egg
- 3/4 cup Plain flour
- 2 tsp self raising flour
- 1/4 cup of milk
- 1/4 cup of desiccated coconut

#### Topping:

- 500g cream cheese at room temp
- 3/4 cup of castor sugar
- 1/2 cup of sour cream
- 2 eggs
- 1/2 cup of passion fruit pulp (approximately five passionfruit)

#### **ALLERGEN WARNING**

Contains milk

- 1. Pre-heat oven to 180°C
- 2. Raise and line a 16 x 26 cm sliced pan allowing the size sides of the paper the overhang.
- 3. Beat butter sugar and vanilla in a bowl until pale and creamy.
- 4. Beat in eggs, fold in flour, coconut and milk.
- 5. Spread evenly over the base of the pan bake for 15 to 20 minutes or until skewer comes out clean.
- 6. Allow it to cool.
- 7. Use an electric beater to beat the cream cheese with caster sugar, beat in sour cream, eggs and passionfruit pulp.
- 8. Call over bass bait for further 30 minutes at one 60°C.
- 9. Cool in pan.
- 10. Cut into pieces.



## **SWISS MAGENBROT**

Submitted by Marlena Holdernesse

#### **INGREDIENTS**

- 300g plain flour
- 2 tsp baking powder
- 2 tbsp cocoa powder
- 2 1/2 tsp gingerbread spice
- 2 pinches of salt
- 30g caster sugar
- 50g honey
- 2 tbsp cream
- 75mL milk
- 100g dark chocolate (70%)
- 20g butter
- 180g powdered sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- extra flour to work

#### **ALLERGEN WARNING**

- gluten
- lactose

- 1. Preheat the oven to 180°C. Mix the flour, baking powder, cocoa powder, gingerbread spice, salt and sugar in a bowl. Mix in the honey, cream, milk and 75mL water and knead everything into a smooth dough with your hands.
- 2.On a floured surface, roll dough out to just under 2cm thick to form a 20 x 25 cm rectangle. Place on a covered baking sheet and bake in the oven (centre) for approx. 20 minutes. Take out and let cool on the tray for 5 minutes. Then let it cool completely on a wire rack.
- 3. For the glaze, crush the chocolate and melt slowly with butter and 70mL water over low heat. Mix in the powdered sugar, cinnamon and nutmeg. Cut the dough into 2 x 4 cm pieces and place in a large bowl. Pour the warm glaze over them and mix everything carefully with your hands, so that each piece is covered in glaze.
- 4. Place a wire rack on baking paper. Spread the Magenbrot on the rack and let it set for approx. 12 hours.



# AYAM MASAK LEMAK

Submitted by Jakob Griffiths

#### **INGREDIENTS**

- 500g of chicken breast
- 4 fresh deseeded chillies (change to taste)
- 1 knob of ginger (around 2.5cm in length)
- 3 cloves of garlic
- 1 small onion
- 3 medium sized potatoes
- 2 lemongrass stalks
- 400mL of coconut milk
- 1 teaspoon of turmeric powder
- Salt to taste

#### **PROCEDURE**

- 1. Cut the chicken into strips
- 2.Blend the onion, garlic, ginger and chilli in a food processor
- 3. Bruise the lemongrass with the butt of the knife
- 4. Cut the potatoes into wedges and then boil or steam them for 10 minutes
- 5. Put chicken and blended ingredients into a saucepan
- 6. Pour in the coconut milk
- 7. Add turmeric
- 8. Add potato and stir
- 9. Place saucepan on stove
- 10. Keep stirring until chicken and potato is cooked
- 11. Salt to taste
- 12. Serve with rice

#### **ALLERGEN WARNING**

dairy



# YORKSHIRE PUDDINGS

Submitted by Michael McCann

#### **INGREDIENTS**

- Butter
- 3 eggs
- 1 cup plain flour
- 3/4 cup milk

## **PROCEDURE**

- 1. Preheat oven to 200oC. Grease a twelve (1/3 cup) capacity muffin pan with butter, and place in oven for 5 minutes, or until very hot.
- 2. Place flour in a bowl. Add egg and milk, then using a balloon whisk, whisk until combined.
- 3. Just before pouring batter into the prepared hot muffin pan, add Great Nana Bishop's secret ingredient a splash of cold water.
- 4. Bake in hot oven for 20 minutes or until puffed and golden brown, do not to open oven door during cooking.
- 5. Serve with roast dinner.

- dairy
- eggs
- gluten



## **ZUCCHINI SLICE**

Submitted by Callum Belgrove

#### **INGREDIENTS**

- 400 grams of Zucchini
- 1 large onion
- 4 rashers of bacon
- ¾ cup grated cheddar cheese (any grated cheese will work)
- 1 cup of self raising flour
- ½ cup of oil or ½ cup of melted butter
- 5 eggs
- Salt and pepper to taste

#### **PROCEDURE**

- 1. Coarsely grate unpeeled zucchini
- 2. Chop onion and bacon finely
- 3. Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs
- 4. Season with salt and pepper
- 5. Pour into well greased lamington pan
- 6. Bake in oven at 180\* for 30 -40 minutes, or until browned

#### **ALLERGEN WARNING**

dairy



# GAVO'S BROCCOLI FLAN

Submitted by Linda McGavock

#### **INGREDIENTS**

#### Cheese Pastry:

- 1½ cups wholemeal flour
- 90g margarine
- ½ cup grated mature Cheddar cheese
- ½ teaspoon dried mixed herbs
- 1 egg yolk (add the white to the filling)
- Iced water to mix

#### Filling:

- 350g broccoli
- 2 eggs, beaten
- 2/3 cup milk
- 1 cup grated Cheddar cheese
- 1 teaspoon dry mustard or curry powder

#### **ALLERGEN WARNING**

dairy

- 1. Place the flour in a bowl and rub in the margarine until the mixture resembles fine breadcrumbs. Stir in the cheese and herbs.
- 2. Make a well in the centre and add the egg yolk and enough water to mix to a firm dough.
- 3. Turn onto a floured surface and knead lightly until smooth.
- 4. Roll out and use to line a 20cm flan dish.
- 5. Prick the base with a fork; chill for 20 min. Bake 'blind' in a preheated moderately hot oven for 10 mins.
- 6. Remove the foil and beans, return to the oven for 5 mins. Meanwhile, cook the broccoli in boiling salted water for 5 mins.
- 7. Rinse in cold water, drain thoroughly, then chop roughly.
- 8. Mix the beaten eggs with the milk, ¾ of the cheese, the mustard and salt and pepper to taste.
- 9. Arrange the broccoli in the flan case and pour over the egg mixture. Sprinkle with the remaining cheese and return to the oven for 35min, until set and golden.