

ST MATTHEWS CHURCH



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1961 - 2011

*Origin of the Banner on the cover:*

*The banner was designed by Alistair McLellan for the Easter Service for the Hokowhitu Baptist Church and made by Maureen Swan and Chrissie McLellan. It was gifted to St Matthews while Ian was Vicar here.*



***ST MATTHEWS CHURCH  
PALMERSTON NORTH  
CELEBRATING 50 YEARS  
1961 - 2011***

*This recipe book is dedicated to all who follow Christ as they  
daily love and serve others for the Glory of God*

Thank you

To all people past and present of St Matthews for their favourite recipes and to everyone who helped in some way with pictures, quotes and time.

Every care has been taken to ensure the correctness of the recipes in this book, but as all the recipes have been contributed, no responsibility can be accepted for the results or any infringements of copyrights.



## THE FIRST HALF CENTURY

It all started in 1959. All Saints Church invited the 240 families living in the Awapuni area to consider forming a separate Parish based on the land that had been purchased at 109 College Street. All Saints generously agreed to build the new hall and vicarage, and hand these over to the new parish.

The first milestone was the dedication of the new building, which was named St Matthews. The Rev Malcolm Wheeler was installed as the first vicar on 19<sup>th</sup> April 1961, and the first services held on 23<sup>rd</sup> April that year. In his first newsletter Malcolm said....." *We have here in St Matthews some wonderful surroundings in the heart of a fast growing community*"

By 1963 he was able to report that there was a credit balance after "two years of slavery".

In 1969 Malcolm, Nan and family moved on and subsequent vicars have inspired the mission and growth of the Parochial District as it was first called. It was not long before the Chapel was constructed and also the Youth Den at the rear of the church. The buildings have continued to be adapted and extended to suit changing patterns of worship and mission, with each of our vicars making their mark, and today further developments are planned.

Malcolm Wheeler exhorted everyone to ..."*strive to unite and grow together as a family.....growing up together in spiritual grace .... and dedicate our talents - heart soul and mind to His service.*"

50 years on, this is still the goal, as St Matthews continues to strive to be "Christians Caring in the Community"

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## The Harvest of Peace

How wonderful it is  
when people live  
together in peace.  
Blessings pour upon  
them and cover  
them with fragrance

Like a heavy dew  
that saturates the  
ground, refreshes  
the earth and fills  
the land with  
harvest, so it is  
when people learn  
to live in peace.

Echoes of Wisdom,  
Phil Dyer

*The Holy Spirit window was designed by Beverly Shore-Bennett and commissioned to commemorate the 25<sup>th</sup> Anniversary of St Matthews*

# Breakfast Recipes

## Bob's Breakfast Recipe

### Ingredients

1 cup rolled oats (mixed night before)

Add water

Cut up dates, prunes, figs, apricots, sultanas or raisins (or whatever you have)

### Method

Mix together.

Next day, heat for 1 minute in microwave, top with yoghurt.

Robert Sutton



## **Tony's Muesli**

### **Ingredients**

1.5 kg rolled Oats  
1 cupe flaked almonds  
1 c coconut  
½ cup pumpkin seeds  
½ cup sunflower seeds  
¼ cup each linseed and sesame seeds  
½ wheat germ  
¼ cup honey  
¼ cup brown sugar  
1 pkt Fresh up fruit juice concentrate  
1 tbsp. Maltexo  
2-3 cups dried fruits, i.e. raisins dates apricots cranberries  
2 cups wheat bran flakes

### **Method**

Preheat oven to 150 deg. Place 1<sup>st</sup> 8 ingredients into large baking dish spayed with a little olive oil. Warm the honey brown sugar, fruit juice and maltexo together until it dissolves. Pour the sugary liquid over the dry ingredients and mix well. Bake for 20 -25 mins until golden brown, stirring every 5 mins or so to prevent burning.. Remove from the oven and stir in dried fruits. Once the muesli has cooled add the Bran flakes.

*This is derivative of an Alison Holst recipe, and is readily devoured by the family, especially the male members.*

Tony Greeve



# Starters and Nibbles

## Jillian's Cheese Rolls

### Ingredients

300 ml tin Carnation creamy evaporated milk

1 packet Maggi onion soup

Small amount grated onion

1 cup grated cheese

2 loaves sandwich bread

Parsley

### Method

Put evaporated milk and onion soup in saucepan, mix until smooth, add onion and cheese and bring to high heat, stirring constantly. **DO NOT BOIL.** Once cool, spread on crust less bread slices and roll up. Brush with butter and roll in parsley. Grill. *(These freeze well before grilling!)*

Jillian Oliver



## **Smoked Salmon on Potato Pancake**

The potato pancake is fabulous if you make it yourself, but you can purchase perfectly fine hash browns at every supermarket (*I use the round shaped ones*).

### **Method**

Heat as directed, smear with cream cheese, cover liberally with your favourite smoked salmon and drizzle a simple honey, mustard and garlic dressing over each.

The contrast of hot, crisp potato, smooth cool cream cheese and cold salmon is most luxurious.

Eileen Adams

*It is God's gift that all should eat and drink and take pleasure in their toil.*

*Ecclesiastes 3: 13*

## **Smoked Salmon Blini**

This recipe has been in the paper, so I am sure Hester Guy would not mind us using it. It is one I use all the time and is yummy!

### **Ingredients**

1 cup self-raising flour or 1 cup flour, 1 tsp. baking powder  
2 eggs lightly beaten  
½ cup milk  
1 tbsp. sour cream

### **Topping**

½ cup sour cream  
2 tbsp. mayonnaise  
2 tsp. lemon juice  
Snipped chives  
125 g sliced salmon or pieces  
Freshly ground black pepper

### **Method**

Combine eggs, milk and sour cream, add to self-raising flour and mix well. Place small spoonful's on a preheated, well-greased flat based fry pan or griddle pan until bubbles appear on the surface of the mixture. Turn carefully and cook second side until light golden brown. Put cooked blini on a clean tea towel on a wire rack to cool.

To garnish: combine sour cream, mayonnaise and lemon juice. Place a small spoonful on each blini, garnish with a roll of salmon and a spear of chive. Sprinkle with freshly ground black pepper.

Barbara Dawson

## **Salmon Salad Serves 6**

### **Ingredients**

1 x 210 gram tin salmon

1 cup cottage cheese

¼ tsp. salt

¼ tsp. pepper

¼ tsp. prepared mustard

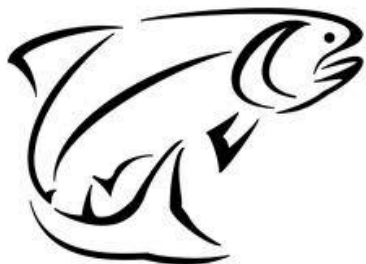
Pineapple slices

Lettuce

### **Method**

Flake salmon. Mix into the cottage cheese and season with salt, pepper and mustard. Arrange on the pineapple slices. Place on lettuce leaves or garnish with the lettuce.

Eileen Adams



# **Soups**

## **Corn and Leek Soup Serves 5**

### **Ingredients**

2 Leeks  
1 tbsp. flour  
Salt and pepper  
1 pint water  
3 tsp. chicken stock  
1 tsp. green herb stock  
425g creamed corn

### **Method**

Cut up leeks and sauté in butter, add flour then all other ingredients. Simmer until leeks are cooked. Serve with chopped parsley and croutons.

*This recipe has been used at luncheons organised by Evening fellowship members.*

Peg Mepham/Bernice Horn

## **Beef Noodle soup** *(with fish or meat balls)*



### **Ingredients**

4 carrots, 3 and half litres of water, half tablespoon instant beef flavour paste, lime leaf, 3 tablespoon of salt, 4 and half tablespoon of sugar, 3 - 4 pieces of neck bones (beef bones), 500g topside beef and meatballs.

### **Method**

Boil water in pot pan (I like use hot water it helps to boil faster) on high heat, then put neck bones (beef bones) and lime leaf together in to the pot, wait until the water boil a bit then put salt, sugar, chopped carrots and instant beef flavour paste into the pot the same time. Leave it cook on number 6 (or medium heat) about 30 minutes then check if the meat are cooked. Slice topside beef into long slices (make sure not too long).

Serve with noodle, bean sprout and Cambodian chainsaw herbs with a half teaspoon of fried chopped garlic sprinkle on top and meatballs.

*Enjoy this lovely meal with your family.*

Recipe by Leakhena Koch ☺

## Ona's Tomato Soup

### Ingredients

3 Kilos of tomatoes

2 tsp. crushed garlic

1 tsp. pepper

3 large onions

1 dessertspoon salt

½ cup sugar

### Method

In a muslin bag put 1 dessertspoon of celery seed, 3 cloves and 3 or 4 sprigs of parsley.

Cut up tomatoes and onions, add other ingredients and cook gently until soft. Put through sieve.

Make a roux with 50 grams of butter and three or four tbsp. of flour. Add soup mixture cup by cup and bring back to boil.

This soup can be bottled in preserving jars.

Lois Hills



*To make good soup, the pot must not bubble with laughter – it must only smile.*

*French Proverb*

## **Nanna Pizzey's Potassium Broth**

### **Ingredients**

1 carrot  
2 onion  
2 sticks celery grated

### **Method**

Bring to boil and simmer 15 minutes. Add sliced spinach and cook further 5 minutes.

Add 450 g tin tomato soup and heat through.

Jo Pizzey

## **Buttercup Pumpkin Soup**

1 whole buttercup pumpkin chopped, seeds removed  
1 large onion  
1 can whole peeled tomatoes  
1 litre Campbell's real chicken stock

Bring to boil and simmer until cooked through

Put through a kitchen whizz, then add:

2 tbsp. brown sugar  
1 level tsp. mild curry powder.

Serve with yoghurt or milk and chopped parsley.

Rae Nicholls





## **Carrot and Orange Soup**

### **Ingredients**

500g sliced carrots, 2 onions, 30 g butter  
2 tbsp. flour, 6 cups chicken stock, Juice ½ lemon  
Grated rind and juice ½ orange, salt and pepper

### **Method**

Add carrot and onion to butter and cook until soft. Sprinkle in flour, stir in stock. Add orange, lemon and orange juice. Cover and simmer 30 minutes. Serves 6

Shirley Brook

## **Chicken and Corn Soup**

**Stock** - 1 chicken split in half with fat and skin removed  
3 litres water or water to cover, small knob root ginger,  
1 onion roughly chopped, 1 tsp. black pepper corns, 2 tsp. salt.  
**Soup** - 2 cups tinned cream-style corn, ½ tsp. salt, ¼ tsp.  
ground pepper, 4 spring onions (finely sliced), 2 tsp. finely  
grated root ginger, 1 tsp. sesame oil, 1 chicken stock cube,  
3 tbsp. cornflour mixed with 3 tbsp. water (for thickening),

**Method** – Place all stock ingredients in a large saucepan and bring to boil, simmer gently for 1 ½ hours or ½ hour in pressure cooker. (If using pressure cooker reduce water to 2 litres). Remove chicken from bones and strain fat from stock. Put 6 cups of stock in saucepan, add corn, salt and pepper, spring onions, ginger, sesame oil and stock cube. Bring to boil and simmer 1-2 mins, thicken with cornflour and water and stir until boiling. Lower heat, add 1 cup cooked chicken and heat through – garnish with a little chopped spring onion.

Eileen Adams

## **Savouries**

### **Susie's Cheese Log**

250g Cream Cheese

2 packets onion soup – mix these together

Roll into log shape and roll in cracked pepper. Chill

Helen Chapple



### **Tuna Pate'**

Put in whiz

150g cream cheese

185g tin tuna

70g cashews

2 hardboiled eggs

Put in fridge overnight. Freezes well. Delicious

Helen Chapple

## **Savoury Cream Puffs**

Whip small bottle cream, add 2 ½ cups grated tasty cheese, some finely chopped onion and parsley, salt and pepper to taste.

Mix together, fill cases about an hour before needed.

Peg Mephram

## **Marilyn's Club Sandwiches**

Spread whole bread with light cream cheese. Place on a filling of shaved ham and whole grain mustard. Add another slice of bread with cream cheese and place another filling of mesclun salad and mayonnaise. Finish with another slice of bread.

Leave overnight in fridge wrapped in glad wrap.

Marilyn Sheriden (Former Parishioner)

## **Noodle Omelette**

### **Ingredients**

1 pkt Maggi 2 minute noodles - chicken flavour

Boiling Water

1 tbsp. water

2 eggs

2 tbsp. butter

### **Method**

Cook noodles (without flavouring) as usual. Drain and rinse under cold water. Drain well. Combine contents of the flavour sachet with the 1 tbsp. water. Add eggs and beat together. Stir in the noodles.

Heat 1 tbsp. butter in frying pan, add noodle mixture. Cook over a moderate heat until eggs are almost set and the base is golden brown. Loosen omelette. Slide onto a plate. Add the other tbsp. butter to the pan, flip the omelette back into the pan. Cook until the second side is golden brown.

Quantities may be adjusted to suit the number of people being served. As a rough guide, use ½ pkt noodles and 1 egg per person.

Elaine Savage.



# Fish

## Quick and Delicious Barbecued Prawns

### Ingredients

80g – 120g unsalted butter, softened

3 tbsp. olive oil

1 tbsp. crushed garlic

1 tbsp. finely chopped shallots

2 tbsp. finely chopped chives

salt and freshly ground black pepper to taste

½ tsp. paprika

1 kg uncooked, large fresh prawns, peeled and deveined

Oil for the barbecue

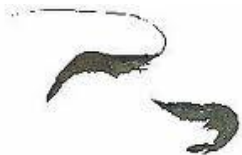
### Method

Preheat barbecue for high heat. In a large bowl, mix together softened butter, olive oil, garlic, shallots, chives, s & p and paprika.

Add the prawns and toss to coat. Lightly oil grill hotplate

Cook the prawns as close to the flame as possible for 2 to 3 minutes on each side or until they turn pink. Serves 6.

Anonymous



## **Smoked Trout Salad**

### **The Trout:**

First catch the trout-

This may require you to stand on the river bank for hours tempting trout with a lure. Fillet the trout and smoke – manuka shavings provide a good colour and flavour. Remove skin and all bones – there are two rows of fine bones. Flake trout into bite size pieces.

### **The Salad:**

Place a mix of different lettuce leaves in a bowl. Add small tomatoes cut in wedges and some peeled and sliced cucumber and other salad vegetables available.

Stir in half of the dressing and toss lightly..

### **The Dressing:**

Mix together 3 tps. white wine vinegar, 2 tbsps. olive oil, 2 tbsps. horseradish cream, mustard to your liking, pinch of sugar, salt and pepper, and ½ cup plain yoghurt. Whisk or shake until combined.

### **The Presentation:**

Arrange the salad on plates, add flaked trout and spoon over remaining dressing. Serve with crusty wholegrain bread.

Enjoy.

Bishop Tom Brown.

If you catch two trout – then you can also make:

## **Smoked Trout Pate**

### **Ingredients**

1 cup smoked trout – deboned, skinned and flaked

8 oz. light cream cheese

2 tbsp. balsamic or wine vinegar

Zest of one lemon

1 tbsp. lemon juice

1 finely chopped spring onion

1 clove of garlic crushed (optional)

Freshly ground black pepper

### **Method**

Mix all ingredients together until spreadable consistency.

Mound into serving dishes and refrigerate overnight. Garnish with chopped chives or parsley and serve with toasted bread triangles.

Bishop Tom Brown.



*The two fishes he divided among them all- Mark 6: 41*



## **Fish Pie Supreme**

### **Ingredients**

450 g cooked and flaked smoked fish

900g mashed potatoes

2 tbsp. chopped onions

Parsley, salt and pepper

2 hard-boiled eggs

small amount chopped green pepper

300 ml. milk

1 tbsp. flour, 50g butter

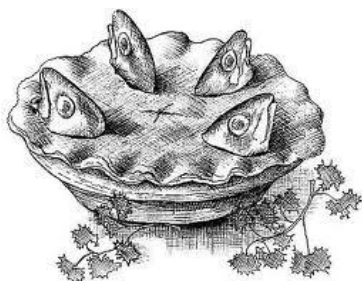
### **Method**

Mash potatoes, mixing in half the butter and little milk, season.

Melt remaining 25g butter and add flour and gradually add milk, stir until thick and cook 5 minutes. Add parsley, chopped eggs and fish.

Line pie dish with mashed potatoes, fill with fish mixture and pile remainder of potatoes on top. Heat through and brown top. Serves 6.

Theo Paddy



## **Simple Salmon Meal**

Poach a piece of tail end of salmon and de bone.  
Break up fish and lay in a flat dish.

Make a cheese sauce or use a packet sauce.

Pour some of the sauce over the salmon followed by a layer of cooked broken-up broccoli or asparagus, then another layer of sauce.

Finish with a layer of mashed potato and decorate with grated cheese, tomato and parsley.

Heat in oven until cheese is melted and lightly browned.

Ada Cameron

A former parishioner and organist.  
(now living in Wanganui)

*Fish to taste right, must swim three times – in water, in butter,  
and in wine.*

*Polish Proverb*

## **Chilli and Lime Fish with Noodles**

### **Ingredients**

450g fish fillets  
3 tsp. Gregg's Chilli & Lime seasoning  
2 tbsp. lime or lemon juice  
2 tbsp. golden Soy sauce  
1 tbsp. oil  
2 carrots  
Green beans, finely sliced  
4 spring onions  
Cooked noodles ( egg ones are good )

### **Method**

Preheat oven to 190oC. Place fish fillets on baking paper-lined tray and sprinkle with 2 tsp. seasoning. Bake 10 – 15 mins. Dressing – in a jug mix 1 tsp. seasoning with the lime juice, soy and oil. Pan fry veges in oil. Toss in cooked noodles and drizzle over dressing. Serve topped with fish, decorate with parsley, lime slices.....serves 2.

Jillian Oliver

## **Salads**

### **Avocado Salad**

#### **Ingredients**

Raw spinach, chopped or torn

Diced tomatoes

Diced cucumber

Diced feta

Red Grapes, whole or halved

Sliced avocado

Chopped basil

#### **Method**

Mix all together, french dressing or any light dressing or oil can be poured over if desired.

Helen Chapple

### **Bean Salad**

#### **Ingredients**

$\frac{3}{4}$  cup sugar

1 tsp salt

$\frac{2}{3}$  cup white vinegar

$\frac{1}{2}$  tsp. black pepper

$\frac{1}{3}$  rd. cup salad oil

#### **Method**

To help dissolve the sugar, I heat the vinegar and sugar together for about 1 min in the microwave. Cool, add oil and salt and pepper.

Chop onion, red pepper, celery. Drain 2 tins of Four Bean Mix. Lightly cook fresh or frozen green beans (chunky cut rather than sliced). Add all ingredients to the dressing. Store in fridge. Keeps well.

Christine Allport

**Brown Rice Salad** Serves 4 – 6

**Ingredients**

2 cups Brown Rice cooked

2/3 cup oil

½ cup raw sugar

2 tsp. curry powder

2 tsp. salt

Juice 2 large lemons - Mix all together

Add -

1 cup peanuts

1 cup coconut

1 red onion

2 – 4 large bananas, sliced

Rosalind Russell  
former parishioner





## **Red Cabbage and Noodle Salad**

### **Ingredients:**

¼ red cabbage, finely shredded  
1 large red pepper, finely sliced  
2 – 3 spring onions, finely sliced  
½ pkt baby spinach leaves  
1 pkt crispy noodles  
Small bunch parsley, chopped  
Mix all ingredients together in a large bowl.

### **Dressing:**

150 g sliced or slivered almonds  
¼ cup sesame seeds  
1 tbsp. poppy seeds  
¼ cup light olive oil  
¼ cup white wine or malt vinegar  
2 – 3 tbsp. liquid honey  
1 tbsp. soya sauce

### **Method:**

Heat a little of the oil in a saucepan and add almonds and sesame seeds – keep on a low heat until almonds and sesame seeds are golden. Remove from heat and allow to cool before adding poppy seeds, vinegar, soya sauce and honey. Mix well and pour over salad and toss through. Refrigerate. Allow 30 minutes to 1 hour before serving to allow dressing flavours to soak through. Slightly toss again before serving. This is really tasty.-----

## **Tim's Potato Salad**

This dish is also from Tim's repertoire. Kathriona never makes it in this household. Amounts are flexible here though about 8 potatoes, 2 eggs and 1-2 spring onions make sufficient salad for 4 people.

### **Ingredients**

Small potatoes

Eggs

Spring onions

Salad dressing (Weightwatchers' Honey Mustard dressing goes well with this)

Curry powder

### **Method**

Leave skins on potatoes but scrub well. Bring potatoes and eggs to the boil. As soon as they boil turn off and leave on element for 30 minutes. Drain water, take off element but leave lid on saucepan until cold-about 2 hours.

Cut potatoes into sizeable chunks and place in a mixing bowl  
Peel eggs, slice and add to the bowl. Chop spring onions into small pieces and add to bowl as well. Mix in a teaspoon of curry powder and add the dressing.

Stir well and serve.

Tim Scott

*Hospitality is one form of worship –*

*Jewish Proverb*

# Vegetables

## My Potato Bake

### Method

Slice required amount of potatoes and kumara, chop 1 – 2 onions.

Alternate potatoes and kumara with onion and grated cheese, salt and pepper in a baking paper lined dish and spray over with rice bran oil or oil of choice. Top with a generous layer of grated cheese. Bake 200 c for 45 mins.

*Delicious served with meats frozen peas and chopped spinach or any other vegetables.*

Daisy York

## Silver Beet Savoury

Steam silver beet or cook over a low heat without water – there is enough on the leaves after they have been washed.

Cook about 5 mins, shaking pot to prevent leaves from burning.

Drain if needed and puree' in whizz.

Make a very thick cheese sauce and mix into puree'.

Put in baking dish and sprinkle bacon over. Cook until brown on top. It should be able to be cut into blocks or wedges to serve.

*Really delicious - children love it – they don't realise it is silver beet.*

Helen Chapple



## **Scalloped Corn and Carrots**

### **Ingredients**

2 tbsp. butter  
1 cup chopped onion  
2 tbsp. flour  
1-1 ½ cups cooked diced carrots  
440 gr tinned corn in brine  
1 cup milk (or milk and corn liquid)  
1 tsp. salt  
1 tsp. sugar  
½ -1 tsp. curry powder

### **Method**

Melt butter in pot, add onion, cook till soft, not brown approx. 5 mins. Add flour, salt, curry powder and sugar and gradually add liquid. Stir and boil well. Add corn and carrots. Place in oven-proof dish, bake 190c for 30 – 45 minutes. This dish can be made early and reheated. Croutons can be added – 3-4 slices diced bread, tossed in melted butter and put over vegetables.

Fiona Lunn

## **Microwave Potatoes**

Mix together: 3 tbsp. sour cream      ¼ milk  
1 tsp. chicken stock      1 tbsp. butter

Slice 4 potatoes and place in microwave dish. Pour over the above ingredients and sprinkle over spring onions and parsley. Cover with lid or glad wrap and cook 7 mins. Serves 3-4.

Jean Buchanan

**Kumara Bake** Serves 4.

**Ingredients**

500g Kumara

1 medium onion diced

2 small rashers bacon, grilled and diced

¼ cup grated tasty cheese

2 cups cream

¼ tsp. chicken stock powder

salt and pepper to taste

**Method**

Preheat oven to 160C . Peel and boil Kumara until tender.

Cool. Then slice kumara into 5mm rounds.

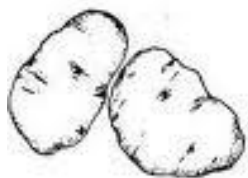
Layer half the kumara in a greased baking dish. Sprinkle with the onion, bacon, and a quarter cup of the cheese.

Place the remaining kumara on top.

Combine the cream, chicken stock powder, salt and pepper and pour over kumara and top with remaining cheese.

Bake for about 40 minutes or until the bake is golden.

Margaret Dicker



## Vegetarian Biryani Serves 4

*This vegetarian dish is tasty and filling. It uses eggplant as a key ingredient but it is simply chopped into the mix with none of the usual preparation expected for this vegetable. The poppadum's are delicious with this dish and it is worth buying a packet of them at the supermarket just to keep for this dish which will become a favourite.*

### **Ingredients**

1 medium onion thinly sliced  
1 medium eggplant thinly sliced  
16 button mushrooms quartered  
400g of cauliflower cut into florets  
2tbsp mild Indian curry paste  
1 cup (200g) basmati rice  
3 cups of vegetable or chicken stock  
150g green beans cut into 3cm lengths  
2 tbsp. dried currants (or sultanas)  
8 poppadum's  
2/3 cup (160g) natural yogurt  
2 tbsp. slivered almonds-toasted  
1/3 fresh coriander leaves

### **Method**

Heat fry pan and spray with oil. Add onions, eggplant, mushrooms and cauliflower and cook stirring for 3-4 minutes or until slightly softened. Add the curry paste and cook a further minute or until fragrant. Add the rice and stock. Bring to the boil, reduce heat to low, cover and simmer for 10-12 minutes or until rice is tender. Add the beans and currants (or sultanas) and cook covered for 5 minutes or until beans are tender and liquid is evaporated. Meanwhile cook poppadum's in the microwave on high for 40 seconds (see instructions on packet). Serve the biryani topped with yogurt, toasted almonds and coriander with poppadum's on the side.

Kathriona Benvie

## Silver-beet and potato Quiche

### Ingredients

3 eggs	½ cup flour
1 tsp. baking soda	1 tsp. cream of tartar
1 cup grated cheese	¼ cup milk
1 onion, chopped & browned in small amount of oil	
Cooked & sliced silver beet	
Cooked & sliced potatoes (about 3)	

### Method

Beat eggs, add dry ingredients and mix carefully.  
Add cheese, onion, silver beet & potato, & as much milk to make a reasonably sloppy mixture.  
Cook 35 minutes at 180°C.

*A regular favourite of the Carey-Smith family & originally from Avonhead Playcentre cookbook (thanks to June Lee).*

*Ingredient amounts can be adapted depending on the size of your dish & your family*

*Kate Carey-Smith*

## Meat

### Lemon Rosemary Chicken

#### Ingredients

One No 8 Chicken

Juice of 1 lemon

50 grams butter

2 tbsp. fresh rosemary

3 tbsp. flour

#### Method

Split chicken down the backbone and splay out in a roasting pan, cavity side down. Using the pointed end of a sharp knife, pierce the skin in several places. Dot the chicken with butter. Peel and crush garlic, then mix with lemon juice and rosemary. Pour over chicken. Sprinkle with flour.

Bake 180 – 190 deg for approx. 1 hr., basting **frequently** with pan juices.

Jillian Oliver



## **Paprika Pork Casserole**

*(Very quick and easy).*

### **Ingredients**

750 g cubed pork  
2 onions sliced  
1-2 garlic cloves (opt)  
1 cup water  
1 tbsp. instant chicken or beef stock  
1 tbsp. paprika  
2 tbsp. cornflour

### **Method**

Put meat, onions, garlic, instant stock, paprika and water into a casserole. Cover tightly and bake 1.5 – 2 hrs. at 180 deg. Thicken with cornflour mixed to a paste with water. Sprinkle chopped parsley over. Cook in microwave on medium for .5 – 1 hr. as alternative to oven.

Can also be cooked in a crockpot.

4 - 5 servings

Helen Chapple

*Honour the lord with your wealth, with the first fruits of all your crops.*

*Proverbs 3:9*

## **Mediterranean Roast Chicken**

*This tasty mix of feta cheese, rosemary & sun-dried tomatoes moistens & flavours the chicken beautifully. I like to complement the meal by adding basil pesto to freshly cooked peas.*

*It's well worth persevering with the delicate preparation required before inserting the stuffing.*

(Recipe adapted from *Cook's library – Chicken*, Parragon Books, 2003)

### **Ingredients**

1 large whole chicken (about 2.5 kg)  
5-6 large tender sprigs fresh rosemary, chopped  
175g feta cheese, coarsely grated, firm variety is best.  
2 Tbsp. sun-dried tomato paste or 2 Tbsp. chopped sun-dried tomatoes  
50g butter, softened [optional]  
1 bulb garlic  
1 kg medium sized potatoes, or kumara, halved  
1 each red, green & yellow capsicum, deseeded & cut in chunks  
3 courgettes, sliced in 2 cm lengths  
1-2 red onions, quartered  
2 Tbsp. olive oil  
freshly ground salt & pepper

### **Method**

Carefully cut between the chicken skin & the top of the breast meat, using a small pointed knife. Slide a finger into the space and enlarge it to form a pocket. Continue until the skin is lifted

away from the breast & leg meat. If necessary use kitchen snips to make one large pocket.

Mix feta, sun-dried tomatoes, butter, half the rosemary, & season with plenty of ground pepper.

Carefully spoon the mixture under the skin, taking care not to break the skin.

Place in a large roasting dish, cover with foil & cook at 190°C for at least 2 hours, or until chicken is cooked.

Break garlic bulb into cloves but do not peel. Mix with vegetables, extra chopped rosemary, oil, & freshly ground salt. Add to chicken after 40 minutes of cooking, and add plenty of freshly ground pepper.

Remove the foil during the last 40 minutes of cooking time.

Transfer to serving platter and arrange some of the vegetables around the chicken.

*I prefer to place the carved meat on a warmed serving platter, scattering the stuffing over the meat, and placing a selection of the vegetable around the chicken. The remaining vegetables can be placed in a separate warmed dish.*

*Kate Carey-Smith.*



## **Beef in Spicy Fruit Sauce**

### **Ingredients**

1.5 kg blade steak	3 tbsp. flour
1 tsp. spice	1 tsp. mustard
3 tbsp. sugar	1 tsp. salt
1 tsp. ground ginger	1 tsp. curry powder

### **Method**

Cut steak into cubes, combine dry ingredients and roll meat in mixture and leave overnight.

### Combine Sauce Ingredients

Juice of 1 lemon	A glass of sherry
1/3 cup tomato sauce	1 tbsp. vinegar
1 tbsp. Worcester sauce	

Pour over meat in casserole. Add stock or veg water to cover meat. Bake in a slow oven and add the rind of 1 lemon and 8 prunes 1 hour before you finish cooking.

*Well used recipe – loved by all who have enjoyed it.*

Shirley Brook

## **Eileen's One-pan mince dish** serves 4

2-3 tbsps. oil  
1 large onion finely chopped  
2 cloves garlic chopped  
1 tsp. salt  
400 - 500 g lamb or beef mince  
1 cup long grain or basmati rice  
1 can whole tomatoes in juice  
2 cups beef stock  
1/4 cup sultanas  
1 cup frozen peas  
1 cup chopped carrots  
1 cup finely sliced cabbage  
1 tbsps. curry powder

Heat oil in heavy pan or sauce pan. Add onion and garlic and lightly brown. Stir in curry powder. Cook for 1 minute.

Add mince and cook until brown.

Add carrots, peas, rice, sultanas and beef stock, Bring to boil and cook 20 min.

Add cabbage, bring back to boil and cook further 5 min.

Season to taste.

Eileen Raynes

*Sent in by Eileen's son Michael, "This was always a favourite when the grandchildren came to visit. They called it Nana mince".*

## **German Beef Casserole**

### **Ingredients**

1 Kg Gravy Beef	Flour
1 large onion	1 oz. butter
1 clove garlic	1 tbsp. oil
1 beef stock cube	1 tbsp. soya sauce
Salt and pepper	2 tbsp. Worcester sauce
1 cup beer	pinch mixed herbs

### **Method**

Cut meat into cubes, coat lightly with flour. Heat butter and oil, add meat and brown well. Remove meat to casserole, add sliced onions and other ingredients to pan, mix well and add to casserole. Pour over beer, cover and bake in slow oven for 1.5 hrs.

*This casserole is very popular.*

Serves 4

Shirley Brook

### **Mince**

#### **Ingredients**

1 lb. mince  
1 cup water  
1 tbsp. soya sauce or Worcester sauce  
½ tsp. each mustard, ginger salt and paprika  
1 tsp. each brown sugar and beef stock

For a smaller serving, halve everything.

Anonymous

## **Frankfurter Hot Pot**

### **Ingredients**

1 small onion finely sliced

1 med green pepper, sliced

½ tsp. paprika

2 tbsp. water

1 tbsp. cornflour

300ml tin chopped tomatoes

Salt and pepper

1 tbsp. tomato paste

500g frankfurters (cut into chunks)

2 tbsp. water

### **Method**

Grease crockpot well. Combine onion, tomatoes, green pepper, salt and pepper, paprika, water and tomato paste in crockpot. Cover with lid and cook on high for 1.5 hrs.

Add frankfurters, cover and cook for a further 30 mins on high.

Mix cornflour and water to a paste and stir into mixture.

Replace lid and cook for a further 10 mins.

Eileen Crawford (early parishioner)

## **Chicken Dish**

### **Method**

Cut up a cooked chicken into a casserole dish. Add 1 packet mushroom soup mix and 1 packet cream of chicken soup mix and cover with ginger ale.

Bake until thickened and heated.

Fran Brown *Fond memories*

## **Chicken Breast and Bacon**

### **Method**

Put Chicken breasts wrapped in bacon in oven dish with a little water so it doesn't catch.

Bake for 20 -30 mins on fan bake.

Serve sliced with sauce made of apricot jam (or marmalade), water, sweet chilli sauce, knob of butter.

Heat in microwave and pour over meat. Serve with cubed roast vegetables, sprinkled with rock salt and cumin seeds. Serve all with a salad.

Gill Woodhead

## Lemon Pork Steaks

### Ingredients

4 pork steaks about 120g each  
1 onion peeled and cut into wedges  
1 tbsp. grated or crushed ginger can be used to individual taste  
1 tsp. minced garlic  
4-6 tbsp. lime or tangelo marmalade  
1 cup of chicken stock  
1 – 2 lemon or lime leaf (optional)  
1 tbsp. cornflour

### Method

Heat a dash of oil in a large frying pan. Brown the meat for a couple of minutes then set aside and keep warm. Add a little extra oil to pan and gently cook onion, ginger and garlic until soft. Stir in the marmalade and  $\frac{3}{4}$  of the chicken stock. Return steaks to the pan and simmer for 5 minutes. Combine cornflour with remaining chicken stock and add to the pan stirring the mixture until it thickens.

Serve with mashed potatoes and seasonal green vegetables.

*It is quite simple and a favourite for a small dinner.*

Lois Hills



## **Pat Browne's Chicken Casserole**

### **Ingredients**

1 size 5 chicken 1.5 kg  
2-3 onions  
2-3 apples  
Butter or oil  
2-3 tsp. flour or cornflour  
203 tsp. curry powder  
Salt and pepper  
1 tin pineapple  
Milk

### **Method**

Boil chicken until tender

To make curry sauce:

Fry onions in a little butter, chop apples and fry. Add curry powder (to taste). Add salt and pepper, flour, pineapple and juice and milk and let the sauce cook to thicken. Chicken soup, cocoanut and sultanas can be added. Cut chicken in small pieces and add to sauce.

Serve with rice.

Serves 6-8

Pat Browne, wife of past Vicar Cyril Browne



## **Oko-nomi-yaki**

An easy and delicious Japanese meal

### **Ingredients**

Finely chopped cabbage

Spring onions

Schnitzel Steak

1 cup flour

3-4 eggs

Cooked fish, sliced or crabsticks, or surimi (optional)

### **Method**

Lightly cook the schnitzel and slice. Mix the flour and eggs together adding enough water to make a thin batter. Add shredded cabbage, spring onions and fish (if using) and mix together.

Lightly grease fry pan, place piece of schnitzel in pan and add 2-3 tbsp. of battered cabbage, enough to form a fritter. Turn several times until cooked. Serve with mayonnaise and soy sauce.

*The batter and cabbage can be increased depending on the number to be served. A great recipe if you have a glut of cabbages, it uses a lot.*

Julian Chapple



## **Mustard Baked Chicken**

*This recipe is fool-proof and can be prepared well in advance to pop in the oven after a long day or during pre-dinner drinks when your guests arrive.*

*Delicious with baked potatoes or rice, and steamed veges or salad preferably fresh from your garden.*

### **Ingredients**

4-5 chicken breasts, whole or halved

½ cup sun-dried tomatoes sliced

250g crème fraiche

2 generous tbsp. wholegrain mustard

2 tbsp. chopped tarragon or 1 tbsp. dried tarragon

250g cherry tomatoes

2-4 rashers bacon, chopped

### **Method**

Place chicken deep oven-proof dish. Scatter over sun-dried tomatoes.

Mix together crème fraiche, mustard & tarragon. Spoon over chicken.

Top with cherry tomatoes and bacon. Season with plenty of ground pepper.

Fan-bake 35-40 minutes.

*Kate Carey-Smith*

[Originally from Alison Gofton's *After work Cook-book*]

## **Meatballs**

### **Ingredients**

500g mince  
1 tsp. salt  
1 clove garlic  
½ tsp. lemon rind  
1 cup soft breadcrumbs  
1 egg  
2 tbsp. milk

### **Method**

Mix and shape into 20- 24 balls, brown quickly in 2 tbsp. butter or bacon fat. Remove when brown and keep warm.

*Use a clean pan for the sauce*

¼ cup sugar  
½ tsp. ginger (optional)  
2 tbsp. soya sauce  
3 tbsp. vinegar  
1 cup pineapple juice plus water

Mix and heat then thicken with cornflour immediately the sugar dissolves. Add 1 cup pineapple pieces and meatballs. Serve with rice.



Ella Barnes

## **Chicken Casserole**

### **Method**

Cook a medium size chicken in water until tender. When cool, remove meat and cut into bite sized pieces. Make a sauce from 2-3 cups of the liquid the chicken was cooked in. 1 tsp. Maggi Chicken Stock and 1 tsp. mustard. Thicken with flour and add chicken pieces. Put into a casserole dish.

Sprinkle with 1 cup fresh breadcrumbs mixed with 1 cup grated cheese.

Put in the oven at 180 degrees until heated through and topping nicely browned.

Joyce Gillies

## **Chicken Curry**

### **Ingredients and method**

1 cooked chicken. Remove skin and break chicken into pieces. Pour 3 cups of milk and 1 cup of cream into a saucepan, add 2 packets Maggi mushroom soup.

Simmer for 5 minutes or until thickened. Do not boil. Add 1 dessertspoon curry powder and the cold chicken, heat thoroughly.

Flavour with 2 tbsp. dry sherry and serve with rice.

*Well-loved family recipe.*

Joyce Bowden

## Pineapple Beef Casserole

### Ingredients

1lb (500g) blade steak                      ¼ cup flour  
½ tsp. salt (pepper to taste)    1 onion sliced  
1 x 225g tomato soup              chopped parsley  
1 x 340g pineapple pieces and syrup

### Method

Cut beef in pieces and coat with flour. Put in casserole with salt and pepper. Cover with sliced onion, tomato soup, pineapple pieces and syrup. Cover and cook at 300 F for 2 hours.

Adjust seasonings and sprinkle with parsley.

Joyce Bowden



## **Crumby Cheesy Chicken (Tim's Recipe)**

*This is Tim's courting recipe. He wooed Kathriona with his culinary skills with this dish. It is tasty, healthy and easy to prepare.*

### **Ingredients**

Chicken pieces  
Edmonds Coat and Cook Mix  
Cajun seasoning  
Grated cheese

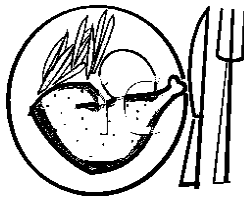
### **Method**

Allow 1-2 chicken pieces per person. Chicken breasts and thighs work best for this recipe. Remove skin and fat from chicken pieces. Add 1 tablespoon of Edmonds Coat and Cook mix per piece of chicken into a plastic bag. Add a teaspoon of Cajun Spice if you want a spicy flavour. Add chicken, preferably one piece at a time, and shake bag to coat chicken thoroughly.

Place chicken in an oven proof dish lined with baking paper. Sprinkle grated cheese over each piece of chicken.

Cook at 180C for 50-60 minutes. Serve with oven roasted vegetables.

Tim Scott



## **Italian Meat Loaf** Serves 6

This is a tasty variation on the classic meatloaf.

### **Ingredients**

500g lean mince	1 egg
¼ cup breadcrumbs	¼ cup bottled tomato salsa
1 tbsp. fresh parsley	2 tsp. minced garlic
2 tomatoes chopped	150g reduced fat cheese
¼ cup fresh basil leaves	60g pitted black olives

### **Method**

Preheat oven to 200C. Line a 10cm x 20cm loaf tin with baking paper or aluminium foil.

Combine mince, egg, breadcrumbs, salsa, parsley and garlic together. Place half the mince mixture in the loaf tin. Top with tomatoes, cheese, basil and olives. Lightly press the remaining mince mixture over this and smooth the top.

Bake for 1 hour in the oven. Remove from pan and slice.

Kathriona Benvie

*“I am the bread of life” Jesus told them, “whoever comes to me will never be hungry; whoever believes in me will never be thirsty”*

*John 6: 35*

## **Honey Glazed Meat Loaf** Serves 4

### **Ingredients**

450 grams minced meat  
300 grams sausage meat  
1 large onion chopped finely  
Half a packet of Maggi Tomato soup  
1 tbsp. Worcestershire sauce  
1 tsp. basil  
1 egg beaten  
Sauce Glaze  
Half packet Maggi tomato soup  
Quarter cup water  
2 tbsp. honey  
1 tsp. Worcestershire sauce  
1 tbs. brown sugar  
1 tsp. Maggi Beef stock

### **Method**

Combine all the meatloaf ingredients, mix well and place in a loaf tin. Meanwhile, mix together all the glaze ingredients, bring to the boil stirring constantly and simmer for 5 mins. Brush the meat loaf with some of the glaze and bake at 180 deg, basting with the sauce frequently for 1 hour.

*When our children come home they often ask for this meatloaf and look forward (to coming home) and sharing this with a good coleslaw and jacket potatoes.*

Deborah Greeve

## **Thai Chicken Curry** Serves 6

### **Ingredients**

Oil

4 onions sliced

1 tbsp. each of ground coriander and cumin

2 tsp. ground turmeric

50 gm. packet Asian Home Gourmet Green Curry Paste

2 x 400ml cans coconut cream

3 tbsp. fish sauce

2 carrots, grated

3 large chicken breasts thinly sliced

250 Gms chargrilled red pepper (capsicum) sliced

4 -6 sprigs fresh coriander

1 Spring onion, sliced

Salt and pepper to taste.

### **Method**

Heat a little oil in a frying pan. Add the onions, ground coriander, cumin, turmeric and curry paste and sauté until the onion is cooked and soft. Add the coconut cream, fish sauce and carrots to the onion mixture and bring to the boil. Add the sliced chicken and cook thoroughly. Just before serving add the red peppers, coriander and spring onion and seasonings, if required. Served with rice

*This has become a Greeve family favourite and a great recipe to share with friends.*

Deborah Greeve



## **Orange Glazed Meat Loaf**

### **Ingredients**

1 Onion  
450g sausage meat  
450 g mincemeat  
½ cup fresh breadcrumbs  
2 tbsp. chopped parsley  
2 tbsp. orange juice  
Salt  
Black pepper  
2 eggs  
¼ cup brown sugar  
¼ tsp. dry mustard  
1 tsp. flour  
5 slices orange

### **Method**

Combine finely chopped onion, sausage meat, mince, breadcrumbs, parsley, garlic, eggs, salt, pepper and juices together.

Sprinkle bottom of a greased loaf tin with 1 tsp. flour, ¼ tsp. dry mustard and ¼ cup brown sugar. Arrange sliced orange over this mixture before adding meat.

Cook at 150 degrees for 1 -1 ½ hours.

Shirley Brook

## **Light Chicken Meatloaf**

### **Ingredients**

500 g lean chicken mince, preferably organic

1 ½ cups old fashioned rolled oats

2 tbsp. tomato paste

1 small onion chopped very finely

1 large carrot peeled and coarsely grated

1 courgette trimmed and coarsely grated

2 cloves garlic crushed

2 tbsp. chopped fresh parsley

1 tbsp. chopped fresh oregano

2 egg whites

Salt and freshly ground black pepper

6 small tomatoes

### **Method**

Preheat the oven to 180 deg. Line a 1.5 litre cap loaf tin with baking paper leaving an overhang on all sides.

Place all ingredients except tomatoes in a large bowl and mix with clean hands to combine. Season well with salt and pepper and mix well again.

Spoon the mixture into the prepared tin, pressing down well to compact the mixture. Press tomatoes down half way into the surface of the mixture.

Bake for 60 minutes or until the juices run clear when a small sharp knife is inserted into the centre of the meatloaf. Cool in the tin for 10 mins to firm, then use the paper overhang to lift and remove the meatloaf from the tin. Serve hot or refrigerate until cold. Slice to serve.

Joyce Bowden

## **Beef Stir-Fry with Noodles and Capsicums**

### **Ingredients**

200g pack medium fresh egg noodles

2 tbsp. vegetable oil

400g beef stir-fry sliced ½ - 1cm pieces

2 carrots cut into matchsticks

1 red and 1 yellow capsicum deseeded and cut into matchsticks

200g baby spinach leaves

200g bean sprouts

4 spring onions cut into thin strips

3 tbsp. oyster sauce

1 tbsp. dark soy sauce and 2 tbsp. clear honey, or 2-3 tbsp. sweet chilli sauce.

Finely grated zest and juice of ½ lemon

Freshly ground black pepper

### **Method**

Heat the oil in a wok or large frying pan until very hot. Add the beef stir-fry for 5 minutes until seared on all sides.

Add the carrots and capsicums and stir-fry for 4 minutes or until softened. Add the spinach, bean sprouts and spring onions then cook for a further 1 minute.

Reduce the heat then add the noodles, oyster sauce, soy sauce, honey, lemon zest juice and black pepper. Combine well and stir-fry for 2 minutes or until everything is hot and beef is cooked through.

Elaine Savage

## Glazed Christmas Ham

### Ingredients

4-5 kg leg of ham

½ cup brown sugar

1 tbsp. mustard

50-60 whole cloves

½ cup orange juice

2 tbsp. honey

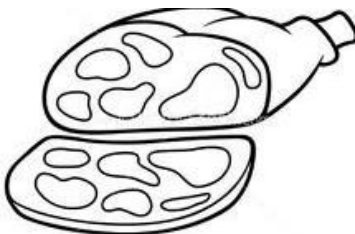
1 tbsp. ground cardamom

Whole black peppercorns, freshly ground, to season

### Method

Pre-heat oven to 180 degrees. Remove the rind and excess fat from the ham. Place the ham on a roasting rack in a deep roasting pan. With a sharp knife, score the ham with deep cuts crossways and then diagonally to form a diamond pattern. Mix together the orange juice, sugar, honey, mustard and ground cardamom to make the glaze. Brush ham with a little of the glaze then press a clove into each diamond. Season with black peppercorns and place in the oven. Cook uncovered, for 1 hour 10 minutes, brushing with the glaze every 10 minutes.

Barbara Dawson



## Shepherd's Pie

### Ingredients

450 grams Lean mince	1 large onion
2 Large carrots	50 g Mushrooms
1 Bay leaf	1/2 pint lamb or beef stock
2 tbsp. plain Flour (or maize cornflour)	
1 tbsp. Tomato puree	700 g Potatoes
25 g Butter	4 tbsp. Milk
50 g Grated or crumbled Cheddar cheese (optional)	

### Method

Peel and chop all the vegetables. Fry the mince to brown lightly. Add onion, mushroom, carrot and bay leaf to the fry pan and cook for 20 minutes on medium heat, turning often. Add flour and cook for 1 minute, stirring throughout. Blend stock and tomato puree; add to fry pan, bring to boil and cook until thickened, stirring throughout. Cover the fry pan, turn heat to low and simmer gently for 25 minutes, stirring occasionally.

Cook the potatoes; mash, adding butter and milk. Discard bay leaf from fry pan, and spoon contents into pie dish. Add mashed potato to the top, and sprinkle with cheese (optional).

Bake at maximum 200 degrees for 20 minutes on middle shelf, but last 5 minutes under the grill to brown top surface. Serve with green vegetable of choice.

*One major reason why I came to New Zealand was that, as a young boy in post-war Britain, Mum always purchased, when she could, New Zealand lamb and butter. “These were the best,” she said “and the best we would have.” New Zealand personified all that was good in my young mind.*

*The Sunday roast was invariably lamb, and then the evening meal on the following Wednesday or Thursday would be Shepherd’s Pie, using the leftovers from the Sunday joint. This mid-week meal was always so tasty and lovely, that Shepherd’s Pie, followed by a creamy rice pudding, was my favorite meal. I still love to have it!*

*Many years later, Mum gave me this recipe and I have used it on many, many occasions, and never tire of this meal.*

*I offer this recipe in memory of Mum, and in memory of my time at St. Matthew’s as an ordained shepherd of the Lord’s flock!*

Graham Ovenden  
Archdeacon Emeritus





## **Murg Anmol Tikka**

### **Ingredients**

Chicken Leg (boneless)	900gm
Curd (hung curd)	300ml
Ginger/Garlic paste	20gm
Cream	50ml
Dried rose leaf powder	30gm
Sesame seed powder	100gm
Egg yolk	1
Salt	to taste
Red chilli powder	75gm
Garam masala	8gm
Gulab jal/rose water	15ml
Vinegar/lemon juice	10ml
Corn flour	15 g
Refined oil	40ml

### **Method**

Cut, clean and wash chicken

### **Marinade**

Beat curd, adding G/G paste, cream, dried rose leaves, sesame seed, egg, salt, red chilli, garam masala, gulab jal, lemon juice and corn f lour. Mix well and marinate chicken in this mixture. Finish by adding oil and leave for some time.

Take a skewer, skew marinated chicken and roast in Tandoor (hot oven) for some time. Apply butter/oil while roasting.

Serve with mint chutney

*Recipe from our local Indian Takeaway*

## **Roti – Indian recipe**

### **Ingredients**

1 cup flour

Pinch salt

### **Method**

Sift flour and add enough boiling water to mix into a firm dough. Knead well and divide into 6 balls and roll flat into a circle. Smear margarine on both sides and cook on hot greased iron or fry pan until golden brown on both sides.

To serve with curry or other meats.



Manor Freeman



## **Desserts**

### **Sweet Impossible Pie**

#### **Ingredients**

4 eggs	100g butter
½ cup flour	2 cups milk
1 cup sugar	1 cup coconut
2 tsp. vanilla	

#### **Method**

Put all ingredients into a food processor and process well till combined. Pour into a 23cm pie plate and bake at 180 deg for ½ to ¾ hour.

Jean Buchanan

### **Lazy Lemon Pie**

#### **Ingredients**

4 eggs	1 cup sugar
100g melted butter	½ cup flour
¾ cup coconut	Zest of 2 lemons
1/3 cup lemon juice	1 cup milk

#### **Method**

Mix all in a food processor then pour into a 23 cm pie plate and bake at 170 deg for 30 – 45 minutes.

Jean Buchanan

## **Crunchy Ice cream Topping** serves 12

### **Ingredients**

50g butter  
1 ½ cups cornflakes  
½ cup brown sugar

### **Method**

Melt butter and sugar in microwave and stir to combine. Add cornflakes and mix together till well coated.

Serves 6

Helen Chapple

## **Banana Caramel (Banoffee)**

### **Ingredients**

1 packet wine biscuits  
4 oz. melted butter  
1 tin caramel condensed milk  
Sliced bananas, soft are ok  
Whipped cream

### **Method**

Crush biscuits and mix with melted butter and press into tin. Spread over caramel condensed milk. Heat in the oven at 150 deg until caramel starts to crinkle at the edges (about 10 mins). Leave to cool and cover with sliced bananas and whipped cream. Decorate with flaked chocolate or sliced almonds

Made in a 9 ½ in loose bottom tin,  
*DELICIOUS!*

Bernice Horn

## **Peche Princesse** Serves 6

### **Ingredients**

4 oz. flour

1 egg

1 tsp. baking powder

2 oz. butter, melted

6 oz. brown sugar

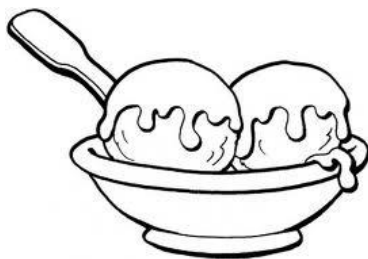
1 lb. firm peaches (Golden Queen for preference)

### **Method**

Sift flour and baking powder into a bowl. Add sugar, egg and melted butter and beat together. The mixture will be quite stiff. Cut in half, stone and chop the peaches and stir into the batter mixture. Bake in greased 7 inch by 9 inch oven dish for 25 mins at 400 degrees F, then for a further 20 mins at 350 degrees F. Serve with cream or custard.

*Good the next day in the lunch box too.*

Anonymous



## **Half Hour Steamed Pudding**

### **Ingredients**

1 cup milk

1 cup mixed fruit

1 oz. butter

$\frac{3}{4}$  cup brown sugar

### **Method**

Bring above ingredients to the boil then add 1 tsp. baking soda followed by 1 cup flour and 1 tsp. spice.

Cover and steam for  $\frac{1}{2}$  hour.

Fran Brown.



## **Lemon Yoghurt Cake**

23 cm ring tin

1 and 3/4 cups sugar

Rind of two lemons

2 large eggs

1 cup canola oil

1/2 tsp. salt

1 cup plain/greek yoghurt

2-3 tbsps. lemon juice

2 cups self-raising flour

Grate all the peel from the lemons into a large bowl.

Add sugar, eggs and oil then whisk together.

Add salt, yoghurt and lemon juice and mix again.

Sift in flour, mix gently until just combined.

Pour cake mix into a non-stick, sprayed and floured 23 cm, deep ring tin.

Bake for 30 min in 190 degree C oven or until the sides start to shrink, the centre springs back when pressed and a skewer comes out clean.

Serve sprinkled with icing sugar and with a little whipped cream or yoghurt on the side.

*This is very well received at morning or afternoon teas There are never any left overs!*

Carey Raynes

## **Strawberries**

### **Ingredients**

125 g hulled and quartered strawberries

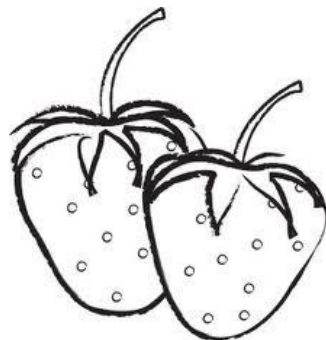
Sauce

2 Tsp. caster sugar

2 tsp. hot water to dissolve sugar

### **Method**

Add 1 tsp. dark soy sauce and strawberries, leave to macerate for 1 hour.



To serve

Your choice of pudding, strawberries and drizzle with the soy sauce syrup.

The dark soy sauce makes the flavour of the strawberries come alive.

God's Blessings – Strawberries

Pamela Murphy

## **A Perfect Pair   Pavlova and Trifle**

### **Pavlova**

#### Ingredients

4 Egg whites (not fresh)

9 oz. or 250 g Castor sugar

Pinch of salt

1 tsp. vanilla

1 tsp. vinegar (White vinegar and maize cornflour for

Gluten Free)

4 dsp. cornflour

### **Method**

Beat egg whites and salt until quite stiff.

Fold in sugar and beat well until stiff.

Fold in vanilla and vinegar then cornflour.

Pile on baking paper to make a round (not too flat)

Bake 1 ½ hours at 250\* or 125c.

Decorate with whipped cream etc.

Freezes well—put in plastic bag (still on baking paper)

PLACE IN A CARDBOARD BOX in deep freeze.

Do not place anything heavy on top!

## **Trifle Sponge**

### **Ingredients**

4 egg yolks

½ cup hot water.      Beat till fluffy, then beat in

5 oz. or 150 g sugar

5 oz. or 150 g flour      (Use Gluten Free Baking mix and

1 tsp. baking powder      (Gluten Free BP for Gluten Free)

Pinch of salt

### **Method**

Put in a lined tin and cook at 375 degrees F or 200 C for 15-25 minutes.

*This can also be used for Lamingtons and freezes well.*

Mary Jones-Ovenden  
Organist for quite a long time

## **Pavlova (Never Fail)**

### **Ingredients**

4 Size 7 egg whites

2 cups caster or plain sugar

2 tsp. vanilla

Pinch salt

2 tsp. white vinegar

8 tbsp. boiling water

### **Method**

Put all ingredients in bowl and stir – leave 20 minutes.

Beat until stiff for 10-20 minutes.

Put on greased or sugared tray or use baking paper.

Bake 120 for 1 ½ hours.

Phillipa Brook



## **Boysenberry Sponge Roll**

### **Ingredients**

2 sponge rolls without mock cream in them

1 tin boysenberries

1 bottle cream

### **Method**

Slice the sponge rolls, drain the boysenberries and keep the juice. Placed sliced rolls against the walls of jelly mould ring so they meet at the bottom of the jelly ring. Place the boysenberries around the bottom of the sponge. Pour some juice on the sides of the sponge. Whip the cream and put on the top of the berries.

Place slices of sponge on top of the cream then out the lid on the mould and place in the fridge for 30 mins or put on freezer for 15 mins.

*Ladies Evening Fellowship serve this desert when we cater for large groups.*

Peggy Mepham

## **Ginger Fluff**

### **Ingredients**

4 eggs  
3/4 cup sugar  
1 dessertspoon golden syrup  
1/2 cup arrowroot  
1 tsp. each ginger, cinnamon and cocoa

2 dessertspoon flour  
1/2 tsp. cream of tartar  
1/4 tsp. bicarbonate of soda (*or 1 tsp. baking powder*)

### **Method**

Separate eggs, beat whites until thick then add yolks. Add sugar and golden syrup, beating until thick and creamy.

Fold in sifted arrowroot and spices.

Lastly add sifted flour, soda and cream of tartar.

Pour into greased 8" sandwich tins.

Bake in moderate oven 20-25 minutes. Cool then fill with whipped cream.

Elaine Gray

*Live in peace with one another.*

*Thessalonians 5 : 13*

## **Dorset Apple Pudding**

### **Ingredients**

1 egg  
½ cup sugar  
1 tsp. baking powder  
½ cup milk  
¼ lb. butter  
1 cup flour  
Pinch salt  
2 chopped apples

### **Method**

Cream butter and sugar, add beaten egg, flour, baking powder and milk.

Add peeled and chopped apples to mixture.

Pour into greased tin, bake 180 degrees for 1 hour.

Serve with custard or cream.

*This recipe is very much enjoyed by the family and sharing with friends.*

Manor and Graham Freeman

## Chocolate Bomb

### Ingredients

300 ml cream  
30 grams castor sugar  
Grated chocolate for decoration

### Filling

170 grams cooking chocolate (easy melt)  
30 grams butter  
6 egg yolks and whites  
(2 litre bowl required)



### Method

Whip cream with sugar. Line bowl evenly with mixture. Put in freezer while making filling.

Put butter in saucepan with broken up chocolate. Melt over boiling water. Stir. Add egg yolks away from heat. Beat egg whites stiffly. Fold in gently. Pour into bowl and freeze overnight.

Remove by putting in cold water. Refreeze until needed. Take out one hour before required.

Chris' Mum's Recipe

## Sticky Date Pudding with Caramel Sauce

### Ingredients

1 ½ cups dates

1 ¼ cups boiling water

1 tsp. baking soda

¾ cup brown sugar

60g butter

2 eggs

1 cup self-raising flour

Sauce

1 cup firmly packed brown sugar

100 g butter, chopped

300 ml. cream

### Method

Place dates, baking soda and boiling water into food processor and leave for five minutes then process for a short time, add sugar and butter to date mixture and process, then finally add the eggs and flour process until mixed.

Cook in medium sized round tin in moderate oven for 45-55 minutes.

### Sauce method

Place brown sugar, cream and butter into saucepan on low heat, warm through and gently bring to the boil, stirring. Place in jug and refrigerate until required. Reheat in the microwave.

*This recipe came from my friend in Wellington, I have lost count of how many times it has been made – this is a fabulous recipe and has gone to various people around the world.*

Tracey Shearman

## **Pavlova**

### **Method**

Beat 4 egg whites and pinch cream of tartar until firm, add 4 oz. caster sugar, beat until really stiff. Told in remaining 4 oz. sugar.

Add

1 tsp. white vinegar

1 tsp. vanilla essence

1 dessertspoon cornflour

1 tablespoon cold water

Place in centre of oven on greased tinfoil at 275 degrees for 1 ½ hours.

Turn off, leave in oven until cold with door open.

*This is one that Fran made often – a favourite of hers and the family.*

Fran Brown

## **Lemon Meringue Pie**

### **Ingredients**

1 cup flour

70 grams butter

¼ cup cold water (approx.)

1 cup sugar

Rind and juice of 2 large or 3 small lemons

½ cup cornflour or custard powder

1½ cups water

2 tbsp. butter

3 egg yolks

3 egg whites

Pinch salt

¼ cup castor sugar

### **Method**

Firstly make and cook the pastry shell. Put the flour and the cubed butter in a food processor and add just enough water to make the dough particles stick together, processing briefly in bursts. Take care not to over mix or add too much water. Chill pastry for 5 minutes, then roll out and shape over the outside of an upturned 20cm pie plate. Trim, dampen down the edges, prick all over.

Bake still upturned for 10 minutes or until lightly browned. Cool until you can lift off the tin, then stand it right side up in a bigger pie dish.

### **Filling**

Place sugar and lemon peel in processor, chop finely and then add cornflour or custard powder. Tip into microwave dish and add water, microwave until clear and evenly thick, stirring every 2 minutes. Stir in butter and egg yolks, mix well, heat

again until bubbling and thick.

Add lemon juice and pour into pastry case.

Beat the egg whites and salt with an electric beater until the peaks turn over, then add the sugar and beat again until the peaks are stiffer.

Pile on to the filling in the pie shell, swirl attractively – make sure the meringue is touching the shell at the edges.

Bake at 190c for 5-10 minutes until tips are lightly browned. Serve warm or at room temperature.

*This was regularly requested by family and friends, as it is so nice and John was an expert at this dessert.*

John McKenna



## **Lemon Meringue Pavlova**

### **Base**

Preheat oven to 200 degrees Celsius. Butter thickly an oven tray, put greaseproof paper on top and butter that thickly, too.

Beat 3 (or 4) egg whites until you can cut them cleanly with a knife. Add 2 ½ tbsp. sugar per egg white (i.e. 3 eggs – 7 ½ tbsp. sugar) and beat a further minute. Add 1 tsp. vinegar, 1 tsp. vanilla essence and 1 tsp. cold water. Beat until mixed.

Place mixture on cold oven tray and place in oven. Turn off and leave 40-45 minutes.

### **Topping**

3 (or 4) egg yolks, 4 oz. sugar, 2 oz. butter, 1 tsp. lemon juice, 1 tsp. grated lemon rind, ½ pint cream.

In the top half of a double boiler, place the egg yolks and sugar and stir well. Add butter, lemon juice and rind. Place over boiling water and cook, stirring all the time until the mixture thickens. Cool. When it is completely cool, whip the cream. Add half the cream to the mixture and place on top of the base. Place the rest of the cream on the top and decorate.

Trish Moor

## Banana Passionfruit Mould

### Ingredients

3 passionfruit (or bottled equivalent)

3 bananas

2 eggs (separated)

½ cup sugar

1 dessertspoon gelatine

¼ cup cold water or fruit juice

¼ cup boiling water

### Method

Cut bananas into bowl to be used, add passionfruit pulp. Beat egg yolks with sugar, add gelatine dissolved first in cold water and then in boiling water.

Beat the egg whites and fold into yolks, etc., and pour all over fruit in dish, stir gently.

Put aside to set.

*Often made for family gatherings, you could say Shelley's signature dessert.*



Shelley Mills

## **Caramel Dumplings**

### **Ingredients**

1 cup brown sugar  
2 tbsp. butter  
1 ½ cups water – boil a few minutes

### **Batter**

½ cup white sugar  
2 tbsp. butter  
½ cup milk  
1 cup flour  
1 tsp. baking powder  
Salt

### **Method**

Cream butter and sugar, add milk and flour, baking powder and salt.

Drop by spoonful's into hot caramel syrup and bake in a moderate oven 20-30 minutes.

Serve with cream or ice cream.

Margaret Dicker

*While the pot boils friendship endures.*

*Latin proverb*

# Cakes/Biscuits

## Scripture Cake

### Ingredients

4 1/2 C of I. Kings 4: 22	flour
1 1/2 C of Judges 5: 25	butter
2 C of Jeremiah 6: 20	sugar
6 of Jeremiah 17: 11	eggs
2 C of I. Samuel 30: 12	raisins
2 C of Nahum 3: 12	figs
1 C of Numbers 17: 8	almonds
1/2 C of Judges 4: 19	milk
2 tsp. of Amos 4: 5	baking powder
2 tbsp. I. Samuel 14: 25	honey
1 tsp. II. Chronicles 9: 9	spice
Pinch Leviticus 2: 13	salt



### Method

Follow Solomon's prescription for being a good boy and you will have a good cake. Dates and sultanas may be added.  
Bake for 3hrs or more.....

Elaine Savage

## Scones

### Ingredients

2 C hi-grade flour  
3 tsp. baking powder  
Pinch salt  
Pinch sugar  
Small bottle cream  
Dash milk if more liquid needed

### Method

Mix together 'lightly' cut into shapes.  
Hot oven for approx. 10mins

Pearl Christensen



## **Weetbix Loaf**

### **Ingredients**

4 Weetbix  
1 C sugar  
1 tsp. baking soda  
1 C chopped dates or mixed fruit  
35 g chopped butter  
1 tsp. vanilla essence  
1 C boiling water  
1 egg  
1 C self-raising flour

### **Method**

In a bowl - crush weetbix, add sugar, soda, fruit, butter and essence. Pour over boiling water and let stand 5mins. Add beaten egg and flour. Mix and bake in paper lined loaf tin ( 22cms x 110 cms) at 180oC for 50mins.

Shirley Brook  
– *an easy and “moreish” loaf!*

## **Fruit Loaf**

### **Ingredients**

1 lb. mixed fruit	Simmer in
12 chopped dried apricots	saucepan
1 ½ C sugar	for 5 mins
2 oz. butter	and
2 ½ c water	cool.
¼ tsp. salt	

In large bowl have ready:

4 C flour  
¼ tsp. ground cloves  
3 tsp. mixed spice  
1 large tsp. baking soda

### **Method**

Add fruit ingredients to dry ones, put batter into 2 Greased loaf tins. Bake at 160oC for approx. 1 ½ hrs. If getting too brown cover with foil for the last ½ hr.

Joyce Gilles

## Sponge

### Ingredients

4 eggs

$\frac{3}{4}$  C sugar

1 tsp. baking powder

$\frac{1}{2}$  C flour

$\frac{1}{2}$  C cornflour

### Method

Separate eggs, beat whites until soft, add yolks, sugar and beat 5 mins. Fold in sifted dry ingredients. Divide into 2 greased and lined sponge tins.

Bake 20mins at 180oC

*This was given to me by Joyce Gilles many years ago. I decided to try making it and have done so many times since, for grandchildren's birthdays and other special occasions!*



Ray Brook



## Hot Cross Buns

### Ingredients

6 C white flour	1 C warm milk
3 tsp. salt	1 C warm water
3 tbsp. mixed spice	2 oz. melted butter
6 oz. sugar	3 rounded dsp dried yeast
6 oz. sultanas	1 tsp. sugar
1 beaten egg	

### Method

Sprinkle the yeast onto the warm water to which 1 tsp. of sugar has been added and leave to brew for 10mins.

Sift dry ingredients, add sugar and sultanas.

Add beaten egg, warm milk, melted butter and yeast mixture. Mix well, should not be too sticky to touch. If sultanas 'fall' out add more liquid. Leave to rise in warm place until double. ( 1 ½ to 2 hrs.). knead into buns. Place in large baking dish to rise for 1 hr. Mark with crosses ( 2 tbsp. cornflour  
2 tbsp. white flour     2-3 tbsp. milk. ¼ tsp. baking powder)

Cook 10 – 12 mins 425 – 450oF or 200o C. Glaze with sugar and water mixture ( 1 tbsp. sugar to 1 tbsp. water ).

NB. Place buns close together, they will rise and join.....



Bernice Horn

## **Small Chocolate Cakes**

### **Ingredients**

3 oz. butter  
2 eggs  
1 tsp. baking powder  
2 tbsp. milk  
3 oz. sugar  
5 oz. flour  
1 tsp. cocoa

### **Method**

Cream butter and sugar add eggs and beat. Stir in dry ingredients and lastly add the milk.

Bake in greased patty tins in a hot oven – 400oF or 200oC for 10 – 12 mins.

For smaller cakes use mini muffin trays.

Anonymous



## **Danish Apple Cake**

### **Ingredients**

4 oz. butter  
4oz sugar  
1 egg  
8 oz. self-raising flour  
12 oz. cooked apple  
2 oz. sultanas  
1 tbsp. brown sugar  
½ tsp. ginger  
½ tsp. cinnamon  
1 oz. chopped walnuts

### **Method**

Melt butter and sugar and lightly beaten egg. Add flour. Spread 2/3 of mixture onto a 9" pie plate. Spread on apple, sultanas, sugar, ginger cinnamon and walnuts. Top with remaining dough.

Bake 350 – 375o F approx. 30mins.

Inez Pearce

## **Chocolate Zucchini Cake**

### **Ingredients**

½ C butter  
½ c vegetable oil  
1 ¾ C sugar  
2 eggs

.....mix well together.

Add the following.....

1 tsp. vanilla  
½ C sour milk ( or natural yoghurt )  
2 ½ C flour  
4 tbsp. cocoa  
½ tsp. baking powder  
1 tsp. baking soda  
½ tsp. cinnamon  
2 C grated zucchini

Once combined, pour into tin and sprinkle with ¼ cup of chocolate chips. Bake for 40 – 50 mins at 180o C.

Anonymous

## Carrot Cake

### Ingredients

1 C sugar	2 eggs
¾ C cooking/salad/canola oil	1 C flour
1 tsp. baking powder	pinch salt
1 tsp. mixed spice	1 tsp. baking soda
1 ½ C grated carrot	½ C walnuts

### Method

Mix together and put into lined ring tin.  
Cook at 325oF for approx. 45 mins. When cool ice with cream cheese icing, add walnut decoration.

Cream Cheese icing:  
2 tbsp. cream cheese  
1 tbsp. butter  
lemon juice or vanilla ess  
1 ½ C icing sugar



Slightly soften cream cheese and butter – then whisk up until nice and creamy, add juice or essence. Add icing sugar and whisk again.

*Yummy yummy cake !*

Tracey Shearman

## **Averill's Carrot Cake**

### **Ingredients**

1 cup wholemeal flour	1 cup standard flour
2 tsps. baking soda	2 cups raw sugar
¼ tsp. salt	2 tsps. cinnamon
1 tsp. mixed spice	1 tsp. nutmeg
1 cup cooking oil	4 beaten eggs
3 cups finely grated carrot	

### **Method**

Sift and mix dry ingredients. Add oil and stir well. Stir in beaten eggs then add carrot. Mix thoroughly.

Grease sides of 10inch square cake tin and line bottom with cooking paper or bake in 2 x ring tins.

Bake for 1 hour at 350<sup>0</sup> F

Can also be made into cup-cakes baking times vary - I bake for about 30mins and then check them.

### **Icing:**

100g cream cheese  
50g butter  
2 cups icing sugar  
1tspn vanilla  
1 cup chopped nuts (optional)

*Averill's family favourite and a great stand by for visitors as it freezes well*

Averill Harvey

## **Autumn Cake**

### **Ingredients**

120g butter  
1 C brown sugar  
1 egg  
1 C flour  
1 tsp. cinnamon  
1 tsp. nutmeg  
1 tsp. soda  
1 C chopped dates  
1 C chopped walnuts  
3 C peeled and sliced apples

### **Method**

Cream butter and sugar, add eggs and beat. Add dry ingredients, then dates, nuts and apples.

Bake in ring tin ( 20cms ) approx. 30mins.  
Cool in tin. Serve with cream or yoghurt.

Anonymous

## **Crunchy Date Balls**

### **Ingredients**

2 C rice bubbles  
4 oz. dates  
4 oz. butter  
½ C brown sugar  
1 tbsp. lemon juice  
2 C coconut



### **Method**

Combine chopped dates, butter, sugar and juice. Stir over low heat until butter melts and mixture becomes thickened. Remove from heat, cool, fold in rice bubbles and roll into balls. Then roll balls in coconut. Chill until set.

Margaret Dicker



## **Meringues**

### **Ingredients**

2 egg whites  
10 oz. castor sugar  
½ tsp. baking powder  
2 tsp. vinegar  
4 tbsp. boiling water

### **Method**

Beat all together for 10 mins. Cook for 1hr at 110 – 140oC

Fran Brown.

## **More Meringues**

### **Ingredients**

1 egg white  
1 C castor sugar  
1 tbsp. vinegar ( white or malt )  
2 tbsp. boiling water

### **Method**

Beat all together thoroughly then add 1 tsp. baking powder.  
Put spoonful's on tray and cook 1hr at 100oC. Leave in oven  
To cool.

Theo Paddy

## **Fruit Truffles**

### **Ingredients**

4 oz. butter  
2 tbsp. cocoa  
1 tsp. vanilla essence  
½ tsp. rum essence  
1 tsp. coffee essence  
½ C sultanas  
2 C icing sugar  
¾ C coconut

### **Method**

Cream butter and sugar. Add everything else. Form into balls, roll in coconut and chill until firm. Makes approx. 60.

Ann Fletcher

.....*a Young Wives group called ' Tea and Chat ' used to meet every 2 weeks in the Chapel, from 1987 – 1993. Dozens of these, or apricot truffles were made for the Church Fair. Women, children and heaps of coconut were everywhere in my kitchen on project day ! I still use this recipe ( from Helen Chapple ) for Ezeemeals customers at Christmas so it has special St Matthew's memories for me*

## **Coconut Cream Truffles**

### **Ingredients**

375g white chocolate melts

150g butter

½ C coconut cream

2 tsp. coconut essence

1 C desiccated coconut

3 C icing sugar – approx.

375g dark or milk chocolate melts - for dipping truffles

### **Method**

Gently melt the white chocolate and butter together in a large bowl in microwave. Stir until smooth. Mix in the coconut cream coconut essence, desiccated coconut and icing sugar.

Chill the

mixture ½ hr. and then roll into balls. Place the balls on a foil lined tray and freeze until solid, approx. 2hrs. For dipping – melt the second lots of melts in microwave, following instructions on the pkt. Dip truffles and allow to set on a sheet of baking paper. Do NOT store truffles in the fridge once dipped, as chocolate tends to sweat.

Christine Brown

## **Rum and Raisin Cream Cheese Truffles**

### **Ingredients**

½ C raisins  
150g cream cheese  
1 tbsp. rum or ½ tsp. rum essence  
200g dark chocolate, melted  
1 ½ C icing sugar  
375g ( 1 pkt ) chocolate melts, for dipping

### **Method**

Place raisins, rum and cream cheese in a food processor and blend thoroughly. Add melted chocolate and icing sugar and mix well.

Chill mixture until firm enough to roll into balls, then chill till set. Melt the chocolate melts according to instructions on the pkt and dip chilled truffles to coat. Set on a sheet of baking paper and store in an airtight container at room temperature.

Christine Brown



## **Walnut, Date and Ginger Slice**

### **Ingredients**

2 C chopped dates  
½ C crystallised ginger, chopped  
½ C water  
1 C walnuts, chopped  
125g butter, softened  
1 C brown sugar  
2 eggs  
1 tsp. vanilla essence  
1 ½ C flour  
½ C fine rolled oats  
2 tsp. baking powder

### **Method**

Bring dates, ginger and water to the boil and boil for 2mins.  
Set aside until water absorbed – add nuts. Cream butter and sugar, add eggs, vanilla ess and beat. Add dry ingredients.  
Bake in an extended slice tin – this is a large mixture. Ice with 2 tbsp. butter, 2 C icing sugar, 2 tbsp. golden syrup

Adele Allport

## Coffee Slice

### Ingredients

1 pkt Vanilla wine biscuits  
1/3 tin sweetened condensed milk  
1/4 lb. butter  
3/4 coconut  
1 tbsp. coffee essence or instant coffee  
Glace cherries

### Method

Crush biscuits add coconut. Melt together butter, condensed milk and coffee ess. Add to biscuit mix and press into sponge roll tin. When cooked, ice with coffee icing and pop cherry on the top !

Shirley Brook

My Aunt, Louisa Clouston, always made this slice for us when she came at Christmas. The children especially loved the cherries on top.

*“The spirit of contentment is liking what you do – not doing what you like “* Auntie Lou

## **Kneamish Square**

### **Ingredients**

4 oz. butter  
4 oz. sugar  
1 egg  
6 oz. flour  
1 tsp. baking powder  
1 dsp cocoa



### **Method**

Cream butter and sugar, add egg, then all dry ingredients.  
Spread into sponge roll tin and bake at 375oF for 15 – 20 mins.  
Cool and spread with raspberry jam.

Topping: 4 oz. butter  
2 oz. icing sugar  
1 heaped dsp gelatine  
3 tbsp. boiling water

Beat until creamy then spread on top of jam which should be cold. Leave until set then ice with chocolate icing and cut into squares.

Peg Mephram

## **Moro Slice**

### **Ingredients**

3 C rice bubbles  
5 small (or 4 large) Moro bars  
50g butter

### **Method**

Slice and dice Moro's and butter. Melt on stove top being careful not to burn mixture. Add rice bubbles, mix well and flatten into dish. Refrigerate for 2 ½ hrs. or longer to set. Can add cherries and nuts. Slice and enjoy !

Phillipa Brook

*Pleasant words are like honeycomb – sweetness to the soul and health to the body.*

*Proverbs 16: 24*



## **Marshmallow Fudge**

### **Ingredients**

1 pkt Malt biscuits  
1 tsp. vanilla essence  
1 dsp cocoa  
Chopped nuts and raisins  
Small cup sugar  
250g butter  
1 egg

### **Method**

Crush biscuits, add vanilla, cocoa, raisins and nuts. In a saucepan put the sugar, butter and beaten egg, to combine over low heat. Add with biscuit mixture and put into swiss roll tin.

### **Topping:**

Soak 2 dsp gelatine in 1 cup cold water for 15mins. Add 1 cup sugar and boil 8 mins. Cool. Add ¼ tsp. vanilla essence, 1 cup icing sugar and colouring. Beat until thick. Put on biscuit mix and cut when set.

Ella Barnes

## **Oma's Hikers Cake**

### **Ingredients**

½ lb. butter  
6oz sugar  
2tbsp cocoa  
2 eggs  
2 pkts Wine biscuits

### **Method**

Melt butter, add sugar and cocoa, then well beaten eggs. Remove from heat. Lastly add crushed biscuits and press into a tin. Refrigerate. Can also add raisins or sultanas. Extra delicious iced with chocolate icing !

Deborah Greeve

*This is a favourite of Tony's Mother who still makes sure the tins are full when family visit, even though she is now in her 80's.*

## **Christmas Jelly Slice**

### **Ingredients**

1 pkt Malt biscuits  
185g butter  
1 tin condensed milk  
Juice of 5 lemons  
1 Lemon jelly  
2 tbsp. gelatine  
¼ cup hot water

### **Method**

Base – crush biscuits finely, add melted butter and mix. Press into slice tin and set in fridge.

Filling – dissolve gelatine in hot water, add to condensed milk and lemon juice and pour over base.

Make the jelly with one cup hot water and cool before putting on top. Set in fridge.

Pearl Christensen

## **Christmas Cake**

### **Ingredients**

1 kg dried fruit                   ) soak  
2 C strong black coffee       ) overnight

2 C self-raising flour  
150g broken up Fruit and Nut chocolate

### **Method**

Next day add chocolate and fruit to first mixture. Put into greased and lined square tin. Bake at 170oC for 50 mins. Test before taking from the oven.

Elaine Savage



## Christmas Mincemeat

### Ingredients

1 med green apple (skin on)  
1 C sultanas  
1 C mixed fruit  
Rind and juice of 1 lemon and 1 orange  
½ C brown sugar  
½ tsp. mixed spice  
½ tsp. salt  
½ tsp. cinnamon  
¼ tsp. ground cloves  
¼ tsp. nutmeg  
2 – 3 tbsp. brandy, whiskey or rum



### Method

Roughly chop apple in food processor, add dried fruit, juice and rinds. Process until finely chopped. Add all other ingredients and blend until combined. Store in jar in fridge. Keeps for months. Quantity will fill 2 ½ doz pies.

Anonymous

## **Christmas Cake with a Difference** (no butter, sugar or eggs)

### **Ingredients**

1 kg mixed fruit  
2 C boiling water ..... ( alternative 1 C coffee  
2 level tsp. coffee .....1 C sherry )  
  
250g block Almond chocolate  
10 oz. flour  
1 tsp. cinnamon  
1 tsp. mixed spice  
Lemon juice

### **Method**

Soak fruit overnight with coffee and wine (or alternative).  
Break chocolate into small pieces. ( leave in pkt and bash with  
a steak hammer ! ) add chocolate to fruit and lemon juice  
then fold in flour and spices. Bake in well-lined 8" cake tin.  
Put brown paper under tin, around and over top in 135oC oven  
for  
2 - 3hrs.  
Take top paper off for last ½ hr. Cover cake with apricot jam  
and decorate with nuts and cherries.

Jean King

*One does not live by bread alone*

*Luke 4: 4*

## **Fruit Balls for Diabetics**

### **Ingredients**

1 C dates  
1 C chopped nuts  
1 C mixed fruit ( sultanas, apricots, ginger )  
2 tbsp. cocoa  
1 tsp. vanilla essence  
½ a lemon, finely chopped  
1 ½ - 2tbsp natural yoghurt  
1 tbsp. coconut

### **Method**

Process dates, nuts and fruit with cocoa and essence. Add lemon, yoghurt and coconut. Mix well. Roll into balls and then in coconut. Chill.

Pearl Christensen

## **Shortbread** ( 6/2/6/2 ) !

### **Ingredients**

6 oz. butter  
2 oz. icing sugar  
6 oz. flour  
2 oz. cornflour

### **Method**

Whizz all ingredients together, roll and cut to size. Prick with fork. Cook at 150oC 20 mins.

Lyn Heath





## **Bran, Banana and Sultana Muffins**

### **Ingredients**

1 C flour  
1 tsp. baking powder  
½ tsp. salt  
¼ C sugar  
1 ½ C baking bran  
1 large banana (mashed)  
1 C sultanas (or raisins)  
1 tbsp. golden syrup  
1 tbsp. butter  
1 C milk  
1 tsp. baking soda  
1 egg

### **Method**

Sift first 3 ingredients, mix in bran and sugar, banana and sultanas. Warm butter and golden syrup together, dissolve soda in milk and add these with the egg to the dry ingredients. Mix quickly but just enough to combine. Spoon into cold greased patty pans (approx. 20) and bake 15 – 20 mins at 220oC (425oF).

Enjoy !

Margaret Wolfsbauer

## **Quick Bran Muffins**

### **Ingredients**

1 C flour  
4 tbsp. sugar  
1 C Bran  
Pinch salt  
1 C milk  
1tsp baking soda  
2 tbsp. golden syrup  
1 egg

### **Method**

Mix dry ingredients, dissolve soda in milk, add egg and golden syrup. Mix well. Bake for 15 – 20 mins at 180oC.

Theo Paddy



## **Banana Chocolate Chip Muffins**

### **Ingredients**

3 ripe bananas  
¾ C castor sugar  
100g butter  
2 tbsp. milk  
1 egg  
1 ½ C flour  
½ C chocolate chips  
1 tsp. baking powder  
1 tsp. baking soda

### **Method**

In a bowl mash bananas and mix in sugar. In a microwave jug soften butter, cool and then add milk and egg. Combine with first mix. Sift in dry ingredients and chips to just combine. Spoon into cold greased medium size muffin tins. Bake at 165oC approx. 15 – 20 mins. Makes 12.

Jillian Oliver

## **Sultana Loaves**

### **Ingredients**

1 lb. sultanas  
2 C sugar  
1 dsp mixed spice  
¼ lb. butter  
2 ¼ C cold water

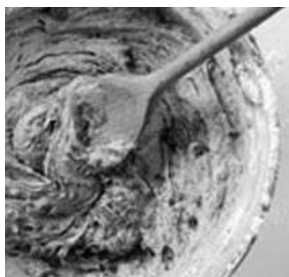
### **Method**

Boil all the above ingredients together for 5 mins and cool.

Then add     4 C flour  
               1 tsp. baking soda  
               1 tsp. baking powder  
               Pinch salt

Divide into two greased loaf tins and bake 1 – 1 ¼ hrs. .

Isobel Chapple - David's Mum



## **Rosemary Gingerbread**

### **Ingredients**

1 C sugar )  
3 big tbsp. golden syrup ) put in  
1 C milk ) saucepan.  
¼ lb. butter )  
  
1 tsp. baking soda ) when above has  
½ tsp. salt ) melted, add these.

Stir well and when frothy add:

2 C white flour  
1 tsp. ginger  
2 sprigs rosemary, chopped

Mix all quickly and pour into 8' x 8' baking tin ( previously greased and floured ). Bake 40 mins 190oC.

Everyone loves gingerbread – slice, butter and watch this disappear !

Rae Nicholls

## **Dangerous Chocolate Cake In-A-Mug**

### **Ingredients**

1 coffee mug  
4 tbsp. plain cake flour  
4 tbsp. sugar  
1 egg  
3 tbsp. oil  
2 tbsp. cocoa  
3 tbsp. milk  
Small splash vanilla essence  
3 tbsp. Chocolate chips, optional

### **Method**

Put dry ingredients in the mug and mix well with a fork. Add egg, mix thoroughly. Pour in milk, oil and essence, combine then add chips if using. Put mug in microwave and cook for 3 mins ( for a 1000 watts oven ). Cake will rise over top of mug, do not be alarmed. Allow to cool, then tip out. This can serve 2 if you want to feel virtuous !!

And WHY is it the most dangerous cake in the world? – because you are now only 5 mins away from chocolate cake any time of the **day or night !**

Anonymous

## **Shortcake**

### **Ingredients**

4 oz. butter  
4 oz. sugar  
1 egg  
6 oz. flour  
1 tsp. baking powder

### **Method**

Cream butter and sugar, add beaten egg and sifted dry ingredients. Wrap in glad wrap and leave in fridge for a while before kneading, rolling and cutting into shapes. Bake at 180oC for 10 mins. Makes 1 ½ dozen.

Christine Allport



## **Chocolate Balls**

<b>Ingredients for</b>	<b>25</b>	<b>50</b>	<b>100</b>
Chocolate	500g	1 kg	2kg
Egg yolks, beaten	2	4	8
Butter, soft & chopped	30g	60g	120g
condensed milk	1 tbsp.	2 tbsp.	4tbsp
rum essence	1 tsp.	2 tsp.	1 tbsp.

## **Method**

Gently melt the chocolate in a double boiler. Add egg yolks, butter, condensed milk and essence to the chocolate, beat until the mixture is thick. Cool mixture. Roll into small balls, roll in finely grated chocolate or coconut. Portion size approx. 25g.

Anonymous



## **Amazing Chocolate Balls**

### **Ingredients**

1 pkt Toffee Pops biscuits

½ pkt dried raisins

250g cream cheese

Brandy or brandy essence

### **Method**

Put biscuits in kitchen whizz, then add fruit, cheese and essence.

Roll into balls. Dip into melted chocolate.

Elaine Savage



## **Chocolate Chip Cookies**

### **Ingredients**

200g butter  
1 C sugar  
1 egg  
2 C plain flour  
2 tsp. baking powder  
1 C chocolate chips

### **Method**

Turn oven to 180oC.

Melt the butter in saucepan or microwave bowl. Add the sugar and egg to butter and mix in. Next, add the flour, baking powder and combine. Add chocolate chips. Roll into balls and press lightly with your hand onto tray covered with baking paper. Bake for 10 – 15 mins.

Jo Squires

## **Italian Egg Biscuits**

### **Wet ingredients (already mixed)**

1/3 C sugar

1 egg

¼ C salad oil

1 dsp lemon juice

### **Dry ingredients (already mixed)**

1 C flour

1 tsp. baking powder

Pinch baking soda

Pinch salt

3 tbsp. milk

### **Method**

Gradually add dry ingredients to the wet ones alternately with the milk, mixing all the time. Shape into balls. Place on a greased biscuit tray and bake at 190oC until light brown on the bottom ! approx. 12 – 15 mins. Frost with icing – a little milk, icing sugar and vanilla essence for flavour. Add coloured sprinkles on top.....

Chris Carey-Smith

## **Peanut Butter Biscuits**

### **Ingredients**

100 butter, softened  
2 tbsp. crunchy Peanut Butter  
½ C brown sugar  
½ C white sugar  
1 egg  
1 ¼ C flour  
½ tsp. baking powder  
½ tsp. baking soda  
Chocolate buttons



### **Method**

Preheat the oven to 190oC. Grease or use baking paper on oven trays. Cream butter and peanut butter. Beat in sugar until creamy. Add egg. Sift in remaining ingredients and mix well. If very soft, chill for 30 mins. Roll into small balls and place well apart on tray. Top with a chocolate button and flatten. Bake approx. 10 mins.

*My granddaughters love these. Just watch children – they always eat around the chocolate button and leave that till last !*

Gail Fergusson

## Cracker Biscuits

### Ingredients

1 C wholemeal flour

1 C flour

1 tsp. baking powder

½ tsp. salt

½ C Olive oil (or Rice bran oil)

Water

2 tbsp. (approx.) Sesame seeds ( or poppy seeds, dried herbs )

### Method

Mix flour, baking powder, salt, seeds and oil into food processor.

Dribble in water until all ingredients are mixed together. Roll out very thin and cut into shapes. Place very close together on a greased or baking paper lined tray. Bake at 200oC for 10 – 12 mins or until the crackers are golden and crispy. Makes 50 – 60.

*Once you make these you won't want to eat bought ones – these get eaten faster than bought ones too !*

Gail Fergusson



## **Chokky Rocks**

### **Ingredients**

250 grams butter

$\frac{3}{4}$  cup sugar (the original recipe states 1 cup)

2 eggs

$\frac{1}{2}$  tsp. vanilla essence

2 cups dried fruit (I use raisins – can use mixed fruit)

2 cups self-raising flour

170 grams cooking chocolate in small pieces

2 – 4 cups corn flakes

### **Method**

Cream butter and sugar until light and fluffy. Add eggs and vanilla and beat well. Fold in fruit, flour, chocolate pieces and half the corn flakes.

Roll heaped teaspoonful's of mixture in remaining corn flakes. Place on oven trays covered with baking paper and bake in moderate oven 180 degrees C to 190 degrees C (350 degrees to 375 degrees F) for 10 minutes or until cooked.

Makes approximately 50 biscuits.

*This is the family favourite! My sons-in-law love it as well, so I try to make it for them all as often as possible. I even took a batch over to Wendy when she was in Australia. Customs didn't mind at all! The recipe was on the back of Kellogg's Cornflake package and has been used for many years.*

Barbara Dawson

## **Date Loaf**

### **Ingredients**

Into a saucepan put:

1 cup chopped dates

1 cup water

2 oz. butter

$\frac{3}{4}$  cup sugar

1 tbsp. golden syrup

1 tsp. baking soda

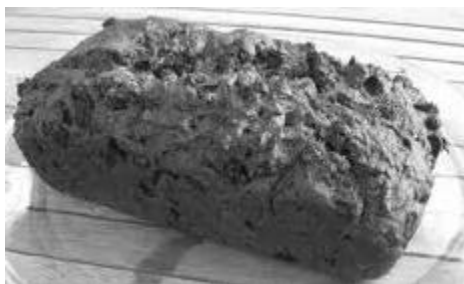
### **Method**

Boil a few minutes and cool completely. Add 1  $\frac{1}{2}$  cups flour and 1 teaspoon baking powder.

Line tin with baking paper and bake in a moderate oven for 1 hour. Cooked when skewer comes out clean.

*This was one from the original recipe book put out by St Matthew's Women's Group many years ago. Enjoy!*

Barbara Dawson



## **Meringues**

### **Ingredients**

1 cup icing sugar  
2 egg white  
1tsp Vanilla Essence

### **Method**

Lightly whip egg whites until frothy. Add icing sugar and vanilla.

Beat until thick and mixture holds its shape, spoon or pipe onto baking paper lined tray.

Bake at 140 C for 15 mins then lower temp to 110 C for 45mins.

Store in air tight container or freeze.

Will keep for weeks.

Recipe can be doubled.

Chrissie McLellan



## **The Perfect Scone**

*One year, when St Matthew's was catering for Synod, Marian Pritchard produced some beautiful scones for the workers to have for morning tea. I asked Marian for the recipe as I know that Marian is a fantastic cook. She surprised me by saying she uses the Edmonds Classic Scone Mix. I thought, if it is good enough for her, it is good enough for me! I have been using it ever since, mostly for date, raisin or cranberry scones although it has savoury recipes (plus others) on the back of the pack.*

### **Ingredients**

500 grams or 2 and two-thirds cups of the scone mix  
1 cup cold water

*Use as directed. I would suggest you do not over-mix, tip on to baking paper on to the baking tray, put another piece of baking paper on top and pat into shape, cut or use a cup if you wish to make the desired shape.*

*You can soak dates in orange juice if you wish. (Tip from Jillian).*

*These scones turn out beautifully every time!*

Barbara Dawson

*For every house is built by someone, but God is the builder of everything.*

*Hebrews 3: 4*

## Christmas Cake

Half pound Cake:

### Ingredients

750g Sultanas	1 tsp grated lemon rind
250g raisins	1 tsp vanilla essence
125g glacé cherries	2 ½ cups plain flour
125g mixed peel	pinch salt
½ cup rum, brandy or sherry	1 tsp mixed spice
250 g butter	¼ tsp. cinnamon
1 1/3 cups brown sugar	¼ tsp. nutmeg
1 tsp. grated orange rind	1 tsp. caramel essence
125g currants	2 tbsp. marmalade
4 eggs	

### Method

Prepare tin 23cm round or 20cm square with one thickness of white paper and two thickness brown paper. Place fruit in bowl, pour over spirits mix well, cover, stand overnight. Cream butter and sugar, grated fruit rinds and essences, add marmalade. Drop in eggs one at a time, beating well. Fold in prepared fruit alternatively with dry ingredients, mix well.

Fill lined tin, smooth top. Bake 4 hours in a slow oven. Immediately cake is removed from oven, wrap in foil. When cold wrap in new foil and store in air tight tin.

Marion Pritchard

*This cake has been made by Marion many times over the years for special occasions at St. Matthew's.*

*Friends are angels who lift our feet when our wings have trouble remembering how to fly.*

# Drinks

## Lemon Syrup

### Ingredients

Rind and juice of 4 lemons

4 lb. sugar

2 oz. citric acid or tartaric acid

3 pints boiling water

### Method

Peel yellow skin from lemons, squeeze juice, throw white part out. Put yellow skins in bowl with juice, sugar, tartaric acid and pour boiling water over, stir until dissolved.

Stand overnight or until cold. Strain and bottle.

Use diluted.



Peggy Mephram

## Rhubarb Champagne

### Ingredients

3 ½ cups finely cut rhubarb  
1 finely sliced lemon  
3 ½ cups sugar  
150 ml. white vinegar  
20 cups water

### Method

Mix all ingredients together and stand them in a covered container for 48 hours. Strain and bottle in bottles that have a firm seal.

Ready to drink after 7 days.

After 7 days, bottles should be stored in a cool place (i.e. refrigerator) to avoid explosions!

Christine Allport



## **Damson Plum Syrup**

Fruit Cordial – Marinade Base – Topping for Ice Cream or  
Dessert

*This is the versatile 'Pink Drink' as all our kids  
and the Church Kids have christened it*

(NB: This recipe originated from Awapuni as a result of a gift  
of Damson plums given to Stephen & Lesley Brooker by  
parishioner

Mrs Rene Port, who had a whole avenue of damson trees)

**Ingredient Proportions:** 1kg of Damsons requires 0.47 litres  
of water OR 1.065kg of Damsons require 0.50 litres of water

Method:

1. Put the fruit into a steaming pot over a pot having the water already hot. Steam very gently for about 1 hour. Towards the end, press down the fruit firmly during cooking to ensure all the juice is extracted. (Steaming means the boiling water never reaches the plum stones – there is no suggestion of bitterness in the resulting product).
2. Strain
3. Measure the juice into a pot
4. To each litre of the juice, add .056kg of sugar, and heat gently until it is all dissolved – stirring well during this time. **DO NOT** continue to boil once the sugar is dissolved.
5. **DO NOT** Cool, and then freeze. Undiluted, it keeps indefinitely in the refrigerator.
6. **As CORDIAL:** Dilute with cold water or soda water to serve. Lemonade is fine too, or tonic water for a sharper drink.

7. **TOPPING:** The syrup may also be poured sparingly over ice cream or cold desserts.

### **AS A MARINADE FOR ROAST CHICKEN**

**Method:** Place chicken pieces in an oven dish with slices of onion in between. (Drumsticks work best)

1. First time you make this dish add a little water so the meat doesn't dry out.
2. Save the left over liquid, skim off the fat, freeze and next time you make this recipe, use it instead of the water – it concentrates the flavours
3. Pour on the Damson Syrup as a marinade. If available, scatter a small quantity of cape gooseberries throughout the dish.
4. Sprinkle dried garlic flakes on top.
5. Salt very lightly
6. Cover with foil and cook very lowly at 170c.
7. When almost cooked, drizzle a little dark soy sauce (preferably mushroom) as a thin stripe on the meat.
8. Grill for a few minutes to crisp. (Be careful not to burn)
9. Pour off the surplus liquid before serving.  
“Delicious”

Steven Brooker

# Pickles/Relish/Marmalade/Sauces

## Grapefruit Marmalade

### Ingredients

1 ½ lb. fruit - grapefruit, oranges, lemons  
7 cups hot water  
1 tsp. cream of tartar

### Method

Simmer ingredients together ¾ hour, then add 4 ½ lbs. sugar and boil rapidly for ¼ hour.

Add 1 tsp. citric acid and boil for 4 minutes.

Makes approximately 9 jars.

Ngairé Hamilton

*I have made this marmalade many times and it is always very successful. (Shirley Brook)*

## **Beetroot Pickle**

### **Ingredients**

2 lb. beetroot  
1 ½ lbs. onions  
Vinegar  
2 cups sugar  
1 tbsp. salt  
1 tbsp. allspice

### **Method**

Cook beetroot. Skin and put through food processor. Mince onions and cook both with vinegar – enough to cover.

Add other ingredients and simmer for about another hour.

Bottle in heated jars and cover with reusable jam seals.

Alison Geange





## **Mums Green Tomato Pickle**

### **Ingredients**

2 or 3 cucumbers, cauliflower

2 lb. green tomatoes

5 medium onions

7 cups sugar

1 tbsp. salt

### **Method**

Put all in large saucepan and just cover vegetables etc. with vinegar.

Cook until tender for about  $\frac{3}{4}$  hour until soft.

Mix  $\frac{3}{4}$  cup cornflour, one heaped tablespoon curry powder, add 1 teaspoon tumeric.

Mix with water, add to cooked vegetables to thicken.

Put in sterilised jars.

Peggy Mephram

## Zucchini (Courgette) Pickle

### Ingredients

1 kg zucchini  
4 large onions  
1 red pepper  
1 green pepper  
½ cup salt  
2 cups sugar  
2 ½ cups white vinegar  
1 cup water  
2 tsp. tumeric  
2 tsp. celery seeds

### Method

Chop unpeeled zucchini finely. Peel and chop the onions. Remove the seeds from the peppers and chop the flesh. Combine the vegetables in a large bowl. Sprinkle the salt over surface and cover with water. Leave for 2 hours. Drain and rinse thoroughly with cold water and drain again.

In preserving pan, boil the sugar, vinegar, water, tumeric and celery seed for 3 minutes. Add the vegetables and cook for 15 minutes.

Put in to hot dry sterilized jars and seal



Barbara Mels

## **Plum Sauce**

### **Ingredients**

6 lbs. dark plums  
3 pints vinegar  
2 lbs. sugar  
1 tsp. cayenne pepper  
6 tsp. salt  
2 tsp. ground cloves  
2 tsp. ground ginger  
1 tsp. black or white pepper  
1 tsp. ground mace  
1 oz. garlic

### **Method**

Boil altogether until pulpy, then strain through colander.

Bottle when cold.

Should keep well.

Joyce Hancock

## **Tomato Relish (Quick)**

### **Ingredients**

12 medium tomatoes

6 medium onions – cut up

### **Method**

Put in pan. Add:

1 lb. sugar

1 pt. vinegar

1 tbsp. salt

½ tsp. mustard

½ tbsp. curry powder

Boil for one hour then thicken with 3 tbsp. flour.

Cook and bottle.

Joyce Hancock



## **Tomato Relish**

### **Ingredients**

1 ½ kilograms tomatoes  
2 large onions  
1 peeled cucumber  
1 red capsicum (deseeded)  
1 green capsicum (deseeded)

### **Method**

Cut up all of the ingredients and place in a bowl.  
Add 2 litres of water and ¼ cup common salt. Leave overnight (24 hours).

Next day, drain well. Put into a pot and add 1 ¼ cups white vinegar and 2 cups sugar. Boil for 30 minutes.

Thicken with 2 heaped teaspoons cornflour and add 1 teaspoon curry powder, 2 teaspoons mustard, 2 teaspoons tumeric, pinch cayenne pepper.

Mix into a paste with extra white vinegar and pour into mixture.

Boil for 5 minutes, put into sterile jars.

Makes 4 to 5 jars.

*This recipe was given to Mary by her friend Jo and she is happy to have it shared around.*

Mary McKenna



*Your Local Outlet is:*

**St Matthews Anglican Church**  
109 College Street

**PALMERSTON NORTH**  
06-355 2254