

Cooking Club Recipe book 2020-21



Whiddon
Award-winning care

Cooking Club
Recipe book
2020-21

Whiddon

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The Cooking Club, formerly known as Vintage Bites, is a Whiddon creative ageing program that was relaunched in September 2020 and ended in June 2021.

Inspired by the wonderful recipes that hold very special memories for residents across our care homes, we wanted to bring these to life and introduce a program that enables residents to cook again and try each other's recipes.

Our inaugural Cooking Club program ran for a total of 10 months, and with selected care homes coming on board, we saw some wonderful dishes being created and heard beautiful stories along the way.

The program was a real partnership between the residents, leisure teams and catering teams.

It involved working together to create the selected hero sweet and savoury recipes that each club cooked, and we saw great teamwork and unity in our care homes as a result of this program.

We've developed this recipe book as a way to share these special recipes with you all. We hope you like them!

We thank all of our wonderful residents, leisure and catering teams who made our inaugural Cooking Club a great success!



September Savoury Goulash

½ kg of pork

½ kg of beef

1 onion

Dash of paprika

Oil

Corn starch

Water

- 1 Cut the pork and beef into small cubed pieces.
- 2 Sauté the onion and meat together in a pan.
- 3 Add the paprika and water and boil until meat is tender.
- 4 Remove the meat, and use the sauce for the gravy.
- 5 Then add corn starch, pepper and salt to taste and mix until thickened.



Above right: Served with vegetables
at Whiddon Narrabri Robert Young

Recipe by Irma Webgar Whiddon Easton Park – Sir David Martin

This recipe is very close to Irma's heart, learning to cook this dish from her mother during her childhood in Germany. This goulash recipe has been passed down to her daughters and now has become a family tradition.



September
Sweet

Lemon meringue pie

225g (1½ cups) plain flour
2 tablespoons pure icing sugar
125g salted butter, chilled,
coarsely chopped
2½ tablespoons iced water

For the lemon filling

50g (½ cup) cornflour
125ml (½ cup) water
250ml (1 cup) fresh lemon juice
430g (2 cups) caster sugar
60g butter, coarsely chopped
4 eggs, separated

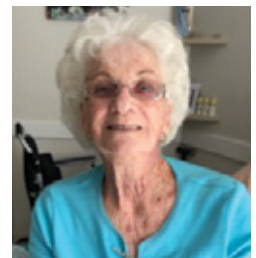


Above: Spooning over the meringue mixture, Whiddon Kelso

- 1 Sift the flour and icing sugar into a large bowl. Use your fingertips to rub the butter into the mixture until it resembles fine breadcrumbs.
- 2 Add the water and use a round-bladed knife to stir until a dough forms. Use your hands to bring the dough together in the bowl. Turn onto a sheet of non-stick baking paper and roll out to a 5mm-thick disc. Use the pastry to line a 23cm (base measurement) pie dish. Trim excess pastry. Cover the pastry with baking paper. Place in the fridge for 30 minutes to rest.
- 3 Preheat oven to 180°C. Fill the lined dish with pastry weights or rice. Bake in oven for 15 minutes. Remove the paper and pastry weights or rice. Bake for a further 15–20 minutes or until crisp and golden. Set aside to cool completely.
- 4 Meanwhile, to make the lemon filling, combine the cornflour, water, lemon juice and half the sugar in a saucepan. Use a balloon whisk to stir over medium heat for 4 minutes or until the mixture boils and thickens. Continue to cook, stirring constantly, for a further 1 minute.
- 5 Remove from heat. Whisk in butter and egg yolks. Transfer to a bowl. Cover with plastic wrap and place in the fridge for 3 hours or until cooled.
- 6 Preheat oven to 190°C. Use an electric beater to beat the egg whites in a clean, dry bowl until soft peaks form. Gradually add the remaining sugar, 1 tablespoonful at a time until the mixture is thick and glossy.
- 7 Spread the filling over the base of the pastry case. Spoon over the meringue mixture and spread to the edge of the pastry. Use the back of a spoon to create peaks.
- 8 Bake in oven for 5 minutes or until the meringue peaks are lightly golden. Set aside to cool completely before serving.

Recipe by Irene Scrusse
Whiddon Easton Park – Sir David Martin

Irene loves to cook. Her son-in-law was a huge fan of her homemade lemon meringue pie, and she would often make it for him and his friends.



October
Savoury

Indian curry chicken



2 pounds skinless, boneless chicken breast halves

2 teaspoons salt

½ cup cooking oil

1½ cups chopped onion

1 tablespoon minced garlic

1½ teaspoons minced fresh ginger root

1 tablespoon curry powder

1 teaspoon ground cumin

1 teaspoon ground turmeric

1 teaspoon ground coriander

1 teaspoon cayenne pepper

1 can crushed tomatoes

1 cup plain yoghurt

1 tablespoon chopped coriander

1 teaspoon salt

½ cup water

1 teaspoon garam masala

1 tablespoon lemon juice

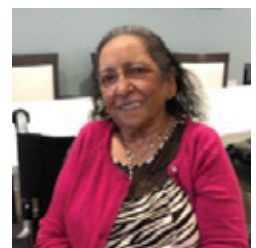
- 1 Sprinkle the chicken breasts with 2 teaspoons salt.
- 2 Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken breasts to a plate and set aside.
- 3 Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes.
- 4 Stir the curry powder, spices and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring.
- 5 Mix the tomatoes, yoghurt and 1 teaspoon salt into the mixture.
- 6 Return the chicken breast to the skillet along with any juices on the plate.
- 7 Pour ½ cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce.
- 8 Sprinkle the garam masala and 1 tablespoon coriander over the chicken.
- 9 Cover the skillet and simmer until the chicken breasts are no longer pink in the centre and the juices run clear. This will take about 20 minutes.
- 10 Season your dish to taste. Sprinkle with lemon juice to serve, and enjoy!

Left: Teamwork at Whiddon Beaudesert Star



Recipe by Sudhawati Sharan
Whiddon Easton Park – Sir David Martin

This recipe takes Sudhawati back to her home in Fiji while also reminding her of her Indian cultural background.



October
Sweet

Lamingtons

6 eggs

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

1½ teaspoons vanilla extract

$\frac{1}{2}$ cup plain flour

$\frac{1}{2}$ cup self-raising flour

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

2 tablespoons boiling water

3 cups desiccated coconut

For the icing

4 cups icing sugar mixture

$\frac{1}{2}$ cup cocoa powder, sifted

1 cup boiling water

20g butter

- 1 Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, allowing 2cm overhang on all sides.
- 2 Using an electric mixer, beat eggs, sugar and vanilla in a bowl on high speed for 8 to 10 minutes or until thick and creamy and sugar dissolved. Transfer to a bowl.
- 3 Using a large metal spoon, fold in sifted flours. Fold in boiling water. Pour mixture into prepared pan. Bake for 20 to 25 minutes or until centre springs back when lightly touched. Stand sponge in pan for 5 minutes. Transfer to a wire rack lined with baking paper.
- 4 Cut cake into 12 pieces.
- 5 For the icing, place icing sugar, cocoa, boiling water and butter in a saucepan over medium heat. Bring to the boil, stirring. Reduce heat to low. Simmer for 1 to 2 minutes or until slightly thickened. Remove from heat. Set aside to cool for 1 to 2 minutes. Place coconut in a separate dish.
- 6 Using 2 forks, dip 1 piece of cake in icing. Shake off excess. Toss in coconut. Place on a wire rack over a baking tray. Repeat with remaining cake, icing and coconut. Stand for 2 hours or until set.

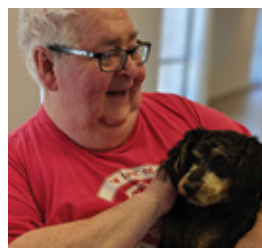


Bottom left: Lamingtons on display at Whiddon Laurieton



Recipe in memory of John Schloeffel
Whiddon Easton Park – Sir David Martin

Lamingtons were a big hit in John's house, often loved by his kids.



November Savoury

Curry prawns

60g butter

2 onions

2 tablespoons curry powder

3½ tablespoons flour

2 tablespoons sugar

2 cups Massel chicken style
liquid stock

½ cup (125ml) milk

500g prawns

2 tablespoons cream

Squeezed lemon juice

- 1 Melt butter and add chopped onions and cook on low heat until golden.
- 2 Add curry powder and cook for 2 minutes.
- 3 Remove from heat and add sugar and flour.
- 4 Stir in stock and milk gradually and return to heat and cook on low until mixture boils and thickens.
- 5 Add cream, lemon juice and prawns and heat through (or until prawns are cooked if using uncooked prawns).
- 6 Season to taste, serve and enjoy this delicious dish.

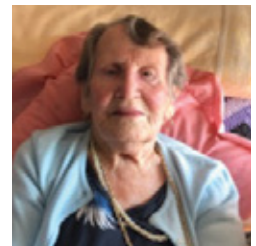


Above right: Chef's tasting
at Whiddon Casino



Recipe by Audrey Andrew Whiddon Easton Park – Sir David Martin

Audrey loves to spend time in the kitchen. Audrey would often cook at her daughter's house on the weekend for the whole family, cooking her favourite dish – curry prawns. Her family in New Zealand used to love it when Audrey was in town because they knew she'd create delicious dishes for them, including banana pancakes and chicken rissoles.



November Sweet

Cinnamon sponge

5 eggs

1 cup caster sugar

½ cup self-raising flour

½ cup plain flour

½ teaspoon baking powder

2 teaspoons cinnamon

2 teaspoons cocoa

2 tablespoons butter

5 tablespoons milk

- 1 Sift together twice the self-raising flour, plain flour, baking powder, cinnamon and cocoa.
- 2 Beat the eggs and sugar together for 10 minutes.
- 3 Sift in the dry ingredients and fold through gently.
- 4 In a saucepan, boil the milk and butter until they become frothy and add to the mixture.
- 5 Line a baking tin and place in the oven for 20 minutes at a moderate heat.
- 6 When the cake has cooled cool, sandwich together with cream and chocolate icing on top or whatever you like.



Above right: Sifting ingredients at Whiddon Laurieton



Recipe by Jean Worley Whiddon Narrabri Robert Young

Before Jean was married, she belonged to a ladies church group who often made baked goods to raise money for the church. Another lady who belonged to the group would make this particular sponge cake. On Jean's wedding day, her husband asked for this particular cake to be their wedding cake. Jean has been making this cake for over 71 years now and holds this recipe close to her heart. She's entered it into various local shows – and has won! Jean says she always makes it in a deep heart shape pan.



December Savoury

Quiche Lorraine

1½ cups plain flour

Large pinch of salt

125g butter, at room temperature

50ml cold water

2 egg yolks

100g piece of speck, rind removed

1 tablespoon vegetable oil

1 egg

100ml milk

100ml cream

Pinch of nutmeg

50g gruyère, finely grated

Fresh thyme leaves

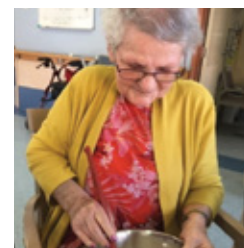
- 1 Sift the flour into a large bowl. Stir in salt.
- 2 Make a well in the centre and add the butter, water and 1 egg yolk.
- 3 Use your fingertips to mix until a dough forms, turn onto a lightly floured surface and knead lightly.
- 4 Divide in half and wrap in plastic wrap. Place one half in fridge for 1 hour and freeze the other for another time.
- 5 Preheat oven to 170 °C.
- 6 Lightly oil a 20cm fluted flan tin with removable base.
- 7 Roll out the pastry on a lightly floured surface to cover the base and sides of the tin. Trim excess.
- 8 Place in the fridge for 30 minutes. Line pastry with non-stick baking paper and fill with weights or rice.
- 9 Reduce oven to 160 °C.
- 10 Bake for 10 minutes until golden and dry to touch. Set aside to cool.
- 11 Meanwhile, cut speck into small cubes. Heat oil and fry speck until golden. Drain on paper towel.
- 12 Place whole egg, milk, cream, nutmeg and remaining egg yolk in a bowl. Season with salt and pepper. Whisk to combine.
- 13 Add in cheese and speck. Pour into pastry case. Bake for 20 minutes or until set.
- 14 Sprinkle with thyme leaves if using.



Above: A beautiful finished quiche at Whiddon Beaudesert Star

Recipe by Margaret Cherry Whiddon Narrabri Robert Young

Margaret has a great love of cooking for her family and friends, and is famous for her delicious quiche Lorraine. She used to own a local coffee shop, called The Gallery. Whenever an outing is organised for residents, if a quiche is on the menu, Margaret will order a serving and rate it out of 10. She is yet to taste one as good as hers!



December
Sweet

Jam drops

1 cup self-raising flour

½ cup sugar

1 cup coconut

1 egg

Few drops of vanilla

125g butter

1 tablespoon milk

Strawberry jam

- 1 Mix all dry ingredients together. Rub in the butter (hands are best for this).
- 2 Beat egg, milk and vanilla together and add to the bowl of dry ingredients. Mix well.
- 3 Drop 1 teaspoon of mixture for each jam drop onto a greased tray. Make an indentation in each drop and spoon the jam into the centre.
- 4 Bake for 10 minutes.



Right: Rubbing in the butter,
Whiddon Laurieton

Left: Perfect with a mug of tea,
Whiddon Narrabri Jessie Hunt



Recipe by Jean Worley Whiddon Narrabri Robert Young

Jean's sister Heather is the owner of the delicious jam drops recipe. Heather is not a resident, but very much a friend to many of the residents as she often visits her sister Jean. Heather found the recipe in a newspaper over 35 years ago. She has made them for many morning teas and has shared this recipe with friends and family. Heather and Jean have been cooking since very young. They both have fond memories of going on family picnics and would help their mother with the cooking. The jam drops are one of the residents' favourite treats at Robert Young!

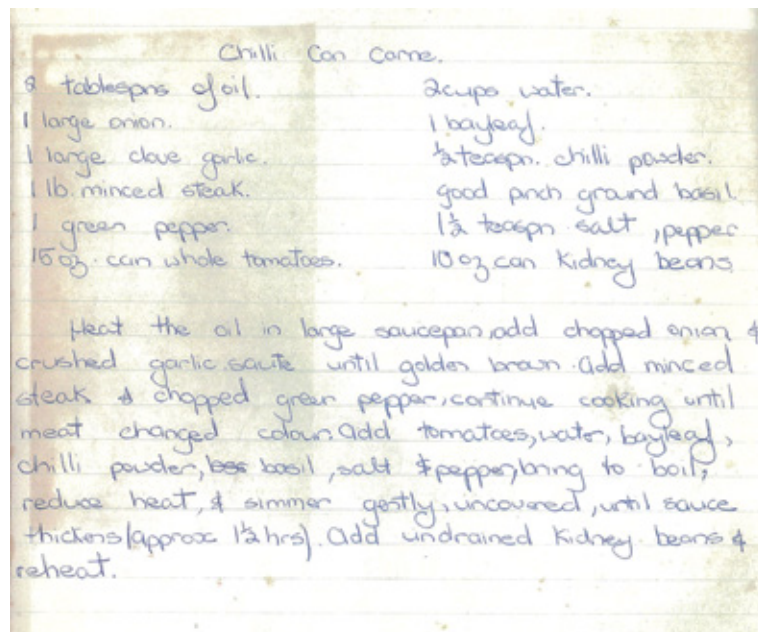


January
Savoury

Chilli con carne

2 tablespoons oil
1 large onion
1 clove garlic
500g minced steak
1 green or red pepper
1 tin whole tomatoes
300g kidney beans
2 cups water
1 bay leaf
½ teaspoon chilli powder
1 pinch of basil
1½ teaspoons salt
1½ teaspoons pepper

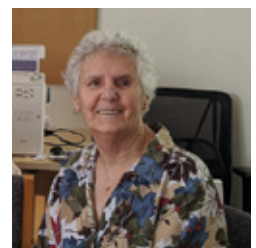
- 1 Heat the oil in a large saucepan and add chopped onion and crushed garlic. Sauté until golden brown.
- 2 Add minced steak and diced pepper.
- 3 Cook until meat has changed colour.
- 4 Add tomatoes, water, bay leaf, chilli powder, basil, salt and pepper and bring to the boil.
- 5 Reduce the heat after a few minutes and simmer gently until the sauce thickens. This will take approximately 90 minutes.
- 6 Add undrained kidney beans until heated through.



Above: Served with rice at Whiddon Laurieton

Recipe by Nora Whiddon Beaudesert Star

Nora loves making this dish. She says it is one of her daughter, Trish's, favourites. Trish also works at Whiddon Beaudesert Star in housekeeping.



January Sweet Scones

3 cups of self-raising flour

1 tablespoon of sugar

1 egg

1 cup of milk

2 tablespoons of butter

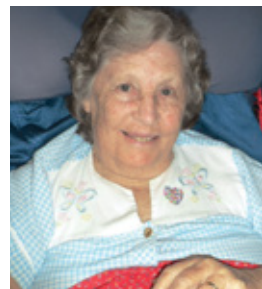


*Above: Combining ingredients and the final scones at Whiddon Narrabri
Jessie Hunt*

- 1 In a bowl, sift the flour and combine with the sugar and butter.
- 2 In another bowl, whisk the egg and milk together until combined really well.
- 3 Add the wet ingredients into the dry ingredients bowl and mix together. You can use your hands for this to combine the dough well.
- 4 On a lined baking tray, create scone-shaped balls from the dough (it's okay for them to touch).
- 5 Place in the oven at approximately 180°C and watch them rise. They are ready when they are golden.
- 6 Serve with cream and jam, of course!

Recipe by Joan O'Neil Whiddon Casino

Joan in her younger days, just after she was married and started having her own children, would often make scones for all to enjoy. She used to make her scones without adding an egg until her neighbours told her to try it with one! Joan thought she would try the difference and has never looked back! She says it's the secret ingredient to tastier and fluffier scones. Joan's scones soon became famous at the and Joan was happy to support their monthly fundraisers. Joan said that many of the local shops would come along and buy her scones to re-sell because they were so good. Joan's tip is to add the egg and milk together and to whisk it well before adding it to the rest of the ingredients.



February Savoury

Chicken vegetable soup

1 tablespoon butter
½ cup onion, diced
2 carrots, peeled and sliced
2 celery stalks, thinly sliced
2 teaspoons minced garlic
3 cups cooked chicken, shredded
Salt and pepper to taste
225g tin tomato sauce
1 tin diced tomatoes – do not drain
1 teaspoon Italian seasoning
6 cups chicken broth
1 large Russet potato, peeled and cut into cubes
½ cup frozen corn
½ cup diced green beans
2 tablespoons chopped fresh parsley

- 1 Melt the butter in a large pot over medium-high heat. Add the onion, carrots and celery.
- 2 Cook for 5–6 minutes or until softened. Add the garlic and cook for 30 seconds more. Season with salt and pepper to taste.
- 3 Add the chicken, tomatoes, tomato sauce, seasoning, chicken broth and potato into the pot and bring to a simmer.
- 4 Cook for 20–25 minutes or until potatoes are tender. Taste and add more salt and pepper if desired.
- 5 Stir in the corn, green beans and cook for an additional 5 minutes.
- 6 Pour into a bowl, sprinkle with parsley and serve.



Left: Adding ingredients
at Whiddon Beaudesert Star

Right: Ready to serve
at Whiddon Casino



Recipe by Mervyn Stanford Whiddon Narrabri Jessie Hunt

Mervyn's chicken vegetable soup was handed down to him by his mum. It was his mum's recipe that she often made during their family dinners, and is a way he remembers their memories sitting around the dinner table together.

February
Sweet

Afghan biscuits

110g butter

85g sugar

2 tablespoons cocoa

1 cup flour

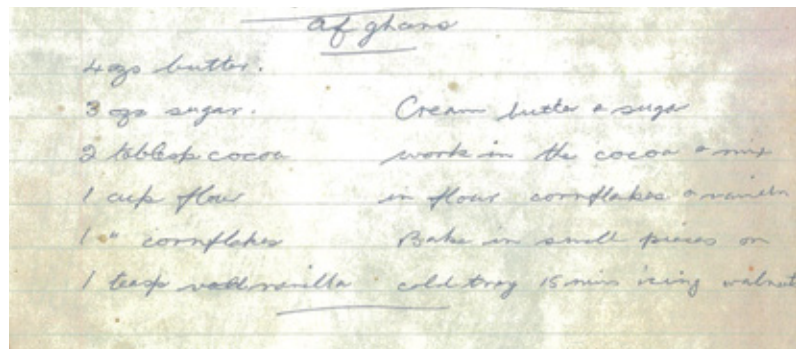
1 cup cornflakes

1 teaspoon vanilla

- 1 Cream the butter and sugar together in a bowl. Slowly work in the cocoa.
- 2 Mix in the flour, cornflakes and vanilla.
- 3 On a cold, lined baking tray, break small pieces (like cookies).
- 4 Bake for 15 minutes and top with icing and walnuts.



Below: Creating the biscuits at Whiddon Narrabri Jessie Hunt



Recipe by Olive Whiddon Beaudesert Star

Olive has become the resident chef and leader of Beaudesert's cooking activities. Having owned her own bakery and fish and chip shop in New Zealand, Olive is a natural in the kitchen and often loves sharing her recipes with everyone.



March Savoury

Spinach and feta pinwheels

250g spinach

100g feta cheese, crumbled

½ cup finely grated parmesan cheese

2 sheets puff pastry

1 small egg

- 1 Preheat oven to 220°C (425°F). Oil your oven trays and line with baking paper.
- 2 Combine both cheeses together and mix in with roughly chopped spinach.
- 3 Spoon a line of filling onto each sheet of pastry (see below).
- 4 Roll pastry tight to enclose the filling and cut into 12 pieces.
- 5 Brush pastry with egg before baking to give a golden shine.
- 6 Place pinwheels cut side up on trays and bake for 15 minutes or until lightly browned.



Above right: Spooning the filling onto the pastry, Whiddon Laurieton

Above: The final product, Whiddon Narrabri Jessie Hunt



Recipe from Whiddon Narrabri Jessie Hunt

The spinach and feta pinwheel is a huge favourite of all residents at Narrabri Jessie Hunt. This is often made for the home and served during Happy Hour.

March
Sweet

Rock cakes

$\frac{3}{4}$ cup of margarine

1½ cups self-raising flour

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

200g sultanas

$\frac{3}{4}$ teaspoon vanilla essence

1 egg

Milk (if required)

- 1 Sift the flour in a bowl and rub in the margarine until combined. Add sugar, beaten egg, vanilla essence and milk (if required) to make a stiff consistency.
- 2 Add the dried fruit to the mixture.
- 3 Grease and flour baking tray.
- 4 Place the mixture on a tray in small heaps. They can be rolled in cornflakes or dusted with a little sugar.
- 5 Bake for 12–15 minutes on the top shelf of the oven at 190°C.



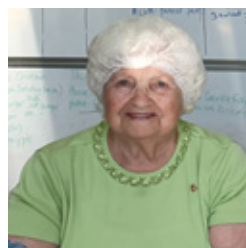
Above right: Trays of mixture ready to go into the oven, Whiddon Kelso

Above: Rock cakes on the rocks, Whiddon Laurieton



Recipe by Edna Nankervis Whiddon Kelso

Edna loves to bake for her family, friends and all the kids. She made the rock cakes with butter instead of margarine as butter made them keep longer and the children loved them.



April
Savoury

Damper

2½ cups self-raising flour

1 teaspoon baking powder

Knob of butter

½–¾ cup of milk

Pinch of salt

- 1 Sift flour and baking powder into a bowl together.
- 2 Rub butter into flour until combined.
- 3 Cut flour with a knife and add milk.
- 4 Knead together until smooth.
- 5 Place on floured baking tray and cook for 25 minutes or until golden. The damper should make a hollow sound when tapped on the bottom of the crust.



Above right: The simple ingredients required for damper, Whiddon Casino

**Recipe by Lesley Robinson, Leisure Officer
Whiddon Wingham**

Lesley was a Leisure Officer and used to cook these with residents at Whiddon Wingham. This slowly became a crowd favourite. Lesley would cook damper for her family for special occasions, especially during winter. A top tip from Lesley would be to put golden syrup on the damper while it was still warm, fresh out of the oven.

April
Sweet

Melting moments

125g butter, softened

¾ cup (115g) plain flour

¼ cup (45g) icing sugar mixture

⅓ cup (50g) custard powder

60g butter, softened, extra

⅔ cup (110g) extra icing sugar mixture

2 teaspoons finely grated lemon rind

1 tablespoon lemon juice

- 1 Preheat oven to 160°C. Line 2 oven trays with baking paper. Use an electric mixer to beat butter until pale and creamy.
- 2 Add the flour, icing sugar and custard powder and use a wooden spoon to stir to combine.
- 3 Use your hands to roll dough mixture into balls. Place the balls 3cm apart on the lined trays.
- 4 Use a fork dusted in icing sugar to gently flatten. Bake in preheated oven, swapping trays halfway through cooking, for 15 minutes or until just cooked through.
- 5 Remove from oven and set aside for 30 minutes to cool.
- 6 Use an electric mixer to beat the extra butter and icing sugar in a bowl until light and fluffy.
- 7 Add the lemon rind and juice and beat until combined.
- 8 Spread the butter mixture over the flat side of half the biscuits and sandwich together with remaining biscuits.



Above right: spacing the dough balls,
Whiddon Wee Waa

Above: Magic with morning coffee,
Whiddon Narrabri Jessie Hunt



Recipe in memory of Gloria Constable Whiddon Kelso

This recipe comes from a wonderful resident who has passed away. Gloria lived in Bathurst all her life. She loved to bake for friends and family, especially melting moments.



May
Savoury

Spinach and ricotta zucchini cannelloni

2 large, wide zucchinis, washed

400g tin of crushed tomatoes

500g frozen spinach, thawed

500g ricotta cheese

2 eggs

3 garlic cloves, crushed

¾ cup mozzarella cheese

Salt to taste

- 1 Preheat oven to 210°C. Prepare a shallow baking dish with half the tin of crushed tomatoes and set aside.
- 2 Using a mandolin, slice zucchini lengthwise to create wide ribbons.
- 3 Place spinach in a large bowl and squeeze out excess liquid and discard.
- 4 Mix eggs, garlic and ½ mozzarella cheese until well combined. Mix salt to taste.
- 5 Place two zucchini ribbons on top of each other. Spoon 1–2 tablespoons of ricotta mixture on the smallest end. Roll up to form a cannelloni and place in dish, open-end up.
- 6 Repeat until all zucchini slices are used.
- 7 Pour remaining tomatoes on cannelloni and top with remaining cheese.
- 8 Bake in the oven for 20–30 minutes or until cheese is golden and bubbling.



Above: Baked until golden and bubbling,
Whiddon Beaudesert Star

**Recipe by Katie, Leisure Officer
Whiddon Wingham**

This recipe came from the grandmother of Katie's partner. She would cook it for all her children and grandchildren. This recipe was cooked at family gatherings and was loved by all. The best thing about it is it's gluten-free, vegetarian-friendly and diabetic-friendly, and delicious! Residents really enjoy this dish.

May
Sweet

Vanillekipferl

350g plain flour

100g icing sugar

210g unsalted butter (cold)

100g ground almonds

3 egg yolks

Pinch of salt

1 teaspoon pure vanilla essence

For the icing

Vanilla sticks

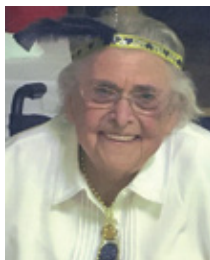
Icing sugar

- 1 Mix dry ingredients together in a bowl.
- 2 Rub butter in until it resembles fine breadcrumbs. Add the egg yolks and knead to a firm dough.
- 3 Cover dough with cling wrap and refrigerate for half an hour.
- 4 After half an hour has passed, roll the dough into a thick sausage shape and cut into 2cm slices (this will give you approximately 70 pieces).
- 5 Roll each slice on the table with the palm of your hand making a small sausage and curve into a horseshoe shape.
- 6 Place on a baking tray lined with baking paper.
- 7 Bake in a moderate oven at 150–160°C until the biscuits turn a light, golden colour (approximately 7–10 minutes).
- 8 Make the vanillin sugar by placing vanilla sticks in icing sugar.
- 9 Allow the biscuits to cool before dusting with vanillin sugar.



Recipe in memory of Martha Cawthorne Whiddon Kelso

Martha Cawthorne was a resident at Kelso. Her family put this recipe on the back of her eulogy booklet to share with everyone because it was something she loved to bake and share.



June Savoury

Muffin pizzas

*1 packet English muffins,
sliced in half*
Leggos pizza sauce
Cabanossi, sliced
200g shaved ham, chopped
6 slices salami, chopped
200g diced bacon
1 onion
½ capsicum, diced
6 mushrooms, sliced
2 cups grated cheese
1 tin crushed pineapple (optional)

- 1 Heat oven to 160°C.
- 2 Place muffin halves onto lined baking tray and spread pizza base sauce.
- 3 Add your favourite ingredients.
- 4 Bake until cheese has melted and is golden.



Above centre and right: preparing toppings and ready for the oven at Whiddon Narrabri Jessie Hunt

Recipe from Whiddon Wee Waa

Everyone at Wee Waa loves this recipe. It's often one of the go-to dishes made for different functions and is also a hit during the visits from the local school students as part of the intergenerational program. The best part is you can put your favourite toppings on these. There's no right or wrong way!

June
Sweet

Baked rice pudding

½ cup of milk

½ cup of uncooked long grain rice

½ cup of sugar

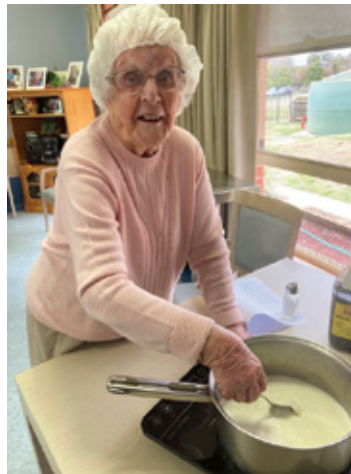
½ teaspoon salt

½ cup raisins

1 teaspoon vanilla extract

Ground cinnamon (optional)

- 1 Preheat the oven at 160°C.
- 2 In a large saucepan, add the milk, rice, sugar and salt and bring to the boil over a medium heat, stirring constantly.
- 3 Transfer the mixture into a greased baking dish or individual ramekins.
- 4 Bake covered for 30–45 minutes, stirring every 15 minutes.
- 5 After first 15 minutes, stir in the raisins and vanilla and cook for the rest of the time uncovered.
- 6 Sprinkle with cinnamon when out of the oven and enjoy hot or cold.
This recipe will serve 6.



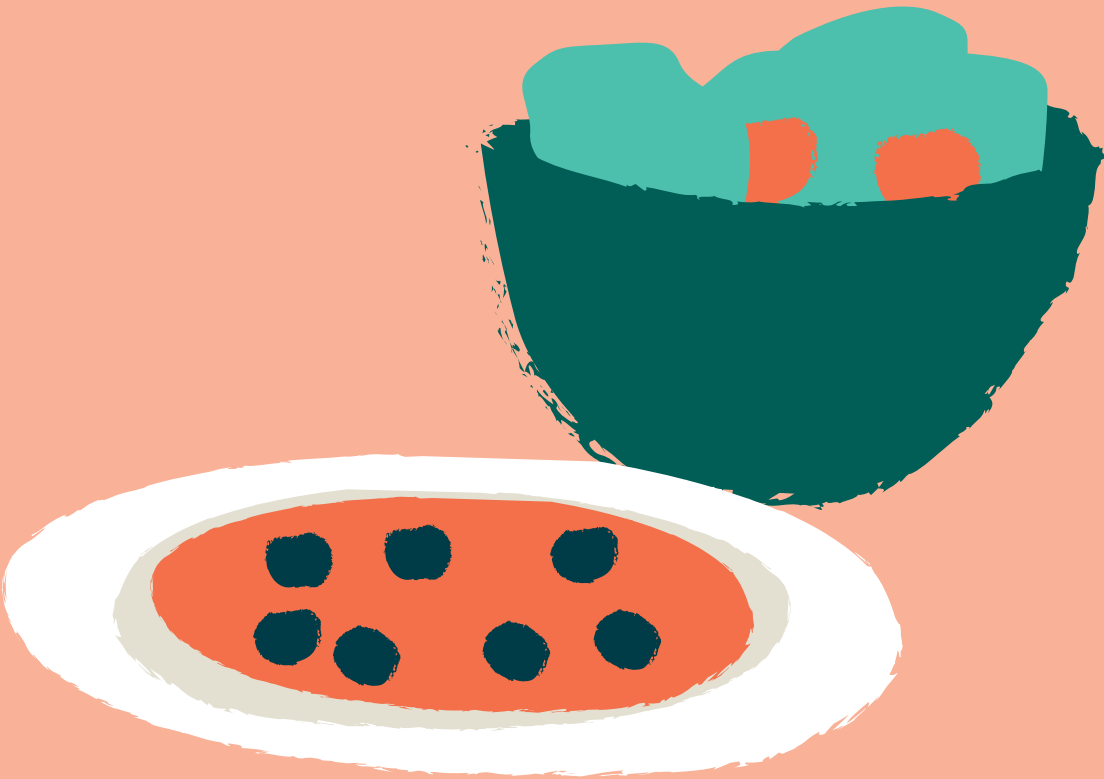
Recipe by Audrey Whiddon Laurieton

Growing up, Audrey's mother would often make her favourite dessert – baked rice pudding. She then passed down the recipe to Audrey who learned how to make it and would often create it for her own family. It was also her husband's favourite. You can eat it hot with ice cream or fruit and then cold the next day. Because it was so cheap to make, they would make it very regularly and enjoy it together.



Above right: stirring duties at Whiddon Narrabri Robert Young

Additional savoury recipes



Iris' Bolognese

Iris – Whiddon Easton Park

500g premium beef mince

Your favourite pasta/spaghetti

1 tin tomato paste

1 tin of tomatoes

1 onion

1 teaspoon of crushed garlic

Some fennel seeds

Pinch of oregano

- 1 In a pot or deep pan, brown the mince.
- 2 Add all other ingredients and simmer for at least 15–20 minutes, or until you're happy with the taste.
- 3 Boil pasta/spaghetti and present in a large bowl with the Bolognese sauce.

Barbara's meatloaf

Barbara – Whiddon Easton Park

1 tablespoon olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

1½ cups fresh breadcrumbs

500g beef mince

300g pork and veal mince

1 egg, lightly beaten

1 tablespoon wholegrain mustard

2 teaspoons Worcestershire sauce

¾ cup tomato sauce

2 tablespoons brown sugar

Mashed potato, to serve

Steamed green beans, to serve

Gravy, to serve

- 1 Preheat oven to 200°C (180°C fan-forced).
- 2 Grease a 9cm-deep, 9cm x 19cm (base) loaf pan.
- 3 Heat oil in a medium frying pan over medium heat. Add onion and garlic.
- 4 Cook, stirring, for 5 minutes or until onion has softened. Set aside for 5 minutes to cool.
- 5 In a big bowl, mix onion, breadcrumbs, minces, egg, mustard, Worcestershire sauce and tomato sauce.
- 6 Spoon into pan and level top with a spoon.
- 7 Combine sugar and remaining sauce in a small bowl. Spread over the top of the mince.
- 8 Prepare your potatoes in a pot to boil and mash once ready.
- 9 Bake for 1 hour or until meatloaf is browned and comes away from the sides of the pan. Drain juices from pan. Set aside for 5 minutes.
- 10 Serve with mash potato, green beans and gravy.

June's roast chicken

June – Whiddon Easton Park

1.6kg whole chicken

1 lemon, halved

2 teaspoons olive oil

- 1 Preheat oven to 220 °C.
- 2 Lightly grease a roasting pan with a wire rack.
- 3 Trim excess fat from chicken, discard the neck and rinse chicken (including cavity) under cold running water.
- 4 Pat dry with paper towels. Season cavity with salt and pepper.
- 5 Gently squeeze the juice from half the lemon over chicken, rubbing juice into skin.
- 6 Place both lemon halves into chicken cavity and tie legs together with kitchen string.
- 7 Brush both sides of chicken with oil and season chicken all over with salt and pepper well.
- 8 Place chicken onto rack, breast-side up.
- 9 Roast for 1 hour or until juices run clear when chicken thigh is pierced with a skewer. Stand, covered, for 10 minutes.
- 10 Serve, drizzled with pan juices, roast vegetables or any of your favourite trimmings.

Gabby's vegetable fritters

2 potatoes, grated

1 carrot, grated

1 onion, finely chopped

125g can of corn

½ cup of self-raising flour

½ teaspoon salt

¼ cup of parsley

3 eggs

- 1 Peel potatoes and carrot and grate them into a bowl.
- 2 Add all other ingredients and mix well.
- 3 Cut any leftover leg of lamb or chicken into cubes and add to mixture.
- 4 Heat electric fry pan to medium heat or use an ordinary pan and get it ready for frying.
- 5 Add a little butter and dollop ⅓ cup of mixture and cook for 15 minutes.
- 6 Cook 4 at a time as they spread when cooking. Turnover and cook for a further 15 minutes. Repeat with remaining mixture and serve with whatever you wish!

Yummy garlic potatoes

Whiddon Wingham

10 medium sized potatoes

Knob of butter

3 garlic cloves crushed

½ cup of cream

½ cup chopped chives

Salt and pepper to taste

- 1 Cut the potatoes in half and cook in the oven until soft.
- 2 Melt a knob of butter in pan and add crushed garlic cloves. Sauté lightly.
- 3 Add potatoes and sauté until cooked with butter.
- 4 Add the cream, stir until potatoes are coated then add the chives and season with salt and pepper.

Our favourite omelette

4 eggs

½ cup of cream

Salt and pepper

1-2 diced tomatoes

1 shallot, chopped

½ cup grated cheese

½ cup diced bacon or ham

1 tablespoon butter

- 1 In a bowl, crack the eggs and add all ingredients together and whisk.
- 2 In a small frying pan, melt the butter and pour in your mixture and cook on a low heat until cook through.
- 3 Either fold omelette in half or brown under the grill.

Audrey's meatloaf

Audrey – Whiddon Easton Park

500g mince

1 egg

1 onion finely diced

1 carrot grated

2 tablespoon tomato sauce

1 tablespoon Worcester sauce

1 tablespoon mixed herbs

2 tablespoons plain flour

- 1 Combine all ingredients, except the flour, in a bowl and mix well.
- 2 Turn out the mince mixture onto a floured board or bench top.
- 3 Shape into a loaf while patting with flour, then place in a well-greased loaf tin.
- 4 Bake at 160 °C for 45 minutes until browned.

Tony's ross fil-forn

Tony – Whiddon Easton Park

1 onion peeled and chopped

2 cloves of garlic minced

5 tablespoons olive oil

500g ground beef

4 cups of cold water

6 tablespoons tomato paste

3 basil leaves

2 sprigs parsley

1 teaspoon mixed spice

Salt and pepper

4 eggs, well beaten

Parmesan cheese

1½ cups uncooked white rice

- 1 Preheat oven 180°C.
- 2 In a large skillet sauté onion and garlic cloves in olive oil until onion becomes translucent, usually 5–10 minutes.
- 3 Add ground meat and sauté until cooked.
- 4 Drain off excess fat and add water, tomato paste, basil, parsley, mixed spice and salt and pepper.
- 5 Simmer for 25–35 minutes stirring thoroughly so the meat has no clumps, then leave it to cool.
- 6 Mix the eggs and parmesan cheese in a bowl, then add it to the meat mixture.
- 7 Place the cooked rice into a greased oblong glass baking dish.
- 8 Carefully ladle the ground meat mixture into the rice. Bake for 30 minutes.
- 9 Remove the baking dish from the oven and stir the rice mixture thoroughly.
- 10 Return the baking dish to the oven for approximately one hour until the top is browned. If the rice appears to be drying out too soon, add additional water and stir again.

Rabbit stew

1 rabbit

1 large carrot

1 onion

1 small potato

2 sticks of celery

- 1 Soak rabbit in water and a cup full of vinegar to take out the game taste.
- 2 Cut carrot, celery, onion and bacon into small pieces and sauté till soft in a saucepan.
- 3 Coat rabbit in flour, salt and pepper and brown it in the saucepan that the vegetables were cooked in.
- 4 Add rabbit and stock into a large saucepan with vegetables.
- 5 Bring to the boil and reduce heat to low for 3–4 hours till it falls away from the bone. Use a crock pot if available.

Christmas morning wife saver

Margaret – Whiddon Narrabri Robert Young

16 to 17 slices bread, crusts removed

350g bacon or ham

Grated cheddar cheese

½ teaspoon pepper

½ to 1 teaspoon dry mustard

1 medium onion, grated

*1 green capsicum,
finely chopped*

2 teaspoons Worcestershire sauce

3 cups whole milk

Dash tabasco/chilli sauce

Cornflakes

100g butter

- 1 In a 23cm x 33cm buttered baking dish, use 8 slices of bread to cover the dish entirely.
- 2 Cover bread with layer of bacon then cover bacon with a layer of grated cheese.
- 3 Cover with the remaining bread.
- 4 Beat the eggs and pepper. Add mustard, onion, capsicum, Worcestershire sauce, tabasco and milk and pour over the bread.
- 5 Cover and let stand in fridge overnight.
- 6 Next morning, set oven to 180 °C. Cover bread with cereal, melt the butter and pour evenly over the cereal.
- 7 Bake uncovered for 1 hour.
- 8 Check to see that the cereal isn't getting too brown (you may need to reduce temp to 160 °C after 30 minutes). Leave to stand for 10 minutes before serving.

Curried prawns

Audrey – Whiddon Easton Park

1 onion

2 stalks of celery

1 large carrot

½ cup peas

½ cup corn

300g prawns, uncooked

Curry powder

1 tablespoon corn flour

½ cup water

- 1 Boil 1–2 cups of your preferred rice.
- 2 In a pan, sauté onion, celery and carrot until soft.
- 3 Add peas and corn to the pan.
- 4 Thicken with cornflour and water (add water slowly so that it doesn't become too thin and runny).
- 5 Add curry and season to taste.
- 6 Add prawns at a low heat until cooked through.
- 7 Mix rice into prawn mixture.

Pumpkin soup

Whiddon Narrabri Jessie Hunt

2 cups diced onion

400g peeled potatoes

500g peeled jap pumpkin

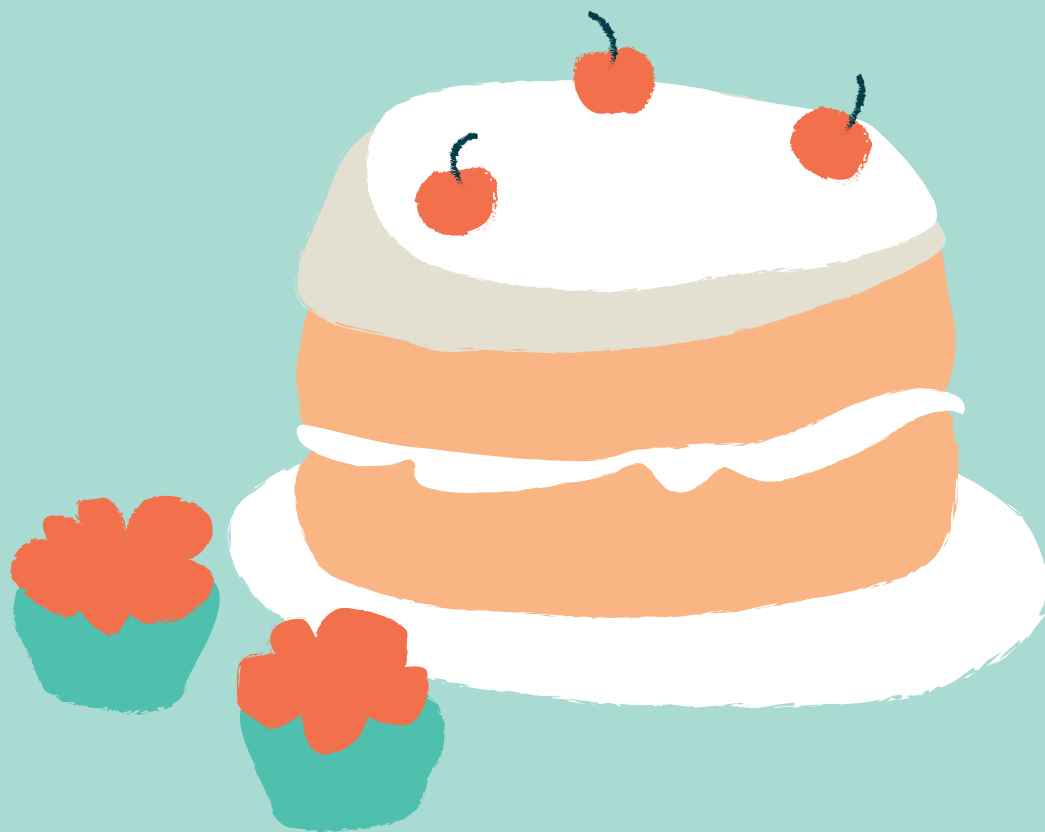
500g peeled butternut pumpkin

1½ litres chicken stock

Salt and pepper

- 1 Place all ingredients into a big saucepan and simmer for 40 minutes until cooked through.
- 2 Once cooked, let the pot cool for 15 minutes and puree with a blender to make it smooth.
- 3 Serve with some fresh or toasted bread.

Additional sweet recipes



Quick 'n' easy no-bake protein bars

Angela – Whiddon Laurieton

*1½ cups gluten-free rolled oats,
blended into a flour*

½ cup protein powder

½ cup rice crisp cereal

*¼–½ teaspoon fine grain sea salt,
to taste*

*½ cup natural peanut butter, almond
butter, or sunflower seed butter*

½ cup pure maple syrup

1 teaspoon pure vanilla extract

*3 tablespoons mini dark chocolate
chips*

½ tablespoon coconut oil

- 1 Line square pan with a piece of baking paper. Mix the oat flour, protein powder, rice crisp, and salt together in a large bowl.
- 2 Add in the nut/seed butter, maple syrup, and vanilla. Stir well to combine. If the mixture is a bit dry, add a splash of non-dairy milk and mix again.
- 3 Press into pan firmly until smooth. Pop into the freezer.
- 4 Melt the chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth.
- 5 After freezing the bars for about 5–10 minutes, remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set. Store in the freezer for a week or longer in an air-tight freezer bag or container.

Josephine's fruit cake

Josephine – Whiddon Easton Park

1 cup of sugar

1 cup of milk

1 cup of self-raising flour

*1 cup of dried fruits (whatever you
like best)*

Icing sugar for top

- 1 Preheat oven to 170 °C.
- 2 In a big bowl, mix all dry ingredients together.
- 3 Add the milk and beat together.
- 4 Bake for about 20–25 minutes.
- 5 Sift icing sugar on top once cooled.

Lesley's golden dumplings

155g brown sugar

80ml golden syrup

100g slightly salted butter

225g self-raising flour

185ml milk

2 cups water

- 1 Combine water, brown sugar, 60ml of the golden syrup and 50g of the butter in a large saucepan. Stir over a low heat until melted.
- 2 Meanwhile, use your fingertips to rub in the remaining 50g butter into flour. Combine milk and remainder of the golden syrup.
- 3 Stir into the flour mixture until well combined.
- 4 Bring the sauce to the boil then drop heaped dessert spoonfuls of the mixture into the sauce.
- 5 Reduce the heat to low and simmer, covered for 15–20 minutes or until a skewer comes out clean. Do not open the saucepan lid while dumplings are cooking. Serve with ice cream.

Wingham's Weetbix Milo balls

Whiddon Wingham

10 Weetbix

¼ cup (25g) Milo

1 cup desiccated coconut

395g tin of condensed milk

Extra coconut for rolling

- 1 Place Weetbix in a food processor and process until they resemble fine crumbs.
- 2 Place Weetbix into a large bowl and add Milo, coconut and condensed milk and mix together.
- 3 Roll into heaped teaspoon on mixture into balls and then roll in extra coconut.
- 4 Set in an airtight container for up to 1 week.

Lemonade scones

Whiddon Wee Waa

4 cups self-raising flour

Pinch of salt

250ml cream

250ml lemonade

- 1 Pre-heat oven to 200 °C.
- 2 In a bowl, sift the flour and salt together.
- 3 Make a well in the centre and add the lemonade and cream and mix with a knife.
- 4 When combined, turn onto a floured surface and knead for 1 minute.
- 5 Pat into a 2cm square and put onto a lined baking tray next to each other.
- 6 Brush tops with a little bit of milk and bake for approximately 12–15 minutes.

Eton mess

Whiddon Wee Waa

Baby meringues

Baby marshmallows

600ml cream

Tin of mandarin segments, drained

Tin of crushed pineapple, drained

1 punnet of strawberries, chopped

Toasted flaked almonds

A jelly cut into small pieces

Whipped cream

- 1 Fold in all ingredients except meringues.
- 2 5 minutes before serving, fold in meringue and serve.

Sugar-friendly fruit loaf

1 ¼ cups of mixed fruit
1 ¼ cups of grated carrot
¾ cup of vegetable oil
1 teaspoon bicarbonate of soda
½ cup of sweetener
2 eggs
Rind of 1 lemon
2 cups self-raising flour
1 teaspoon mixed spice
1 cup of walnuts, chopped
½ cup of milk

For the icing

125g cream cheese
½ cup icing sugar
Juice of 1 lemon
Coconut for decoration

- 1 Boil together mixed fruit, bicarbonate of soda, carrot, oil and sweetener, then cool.
- 2 Add beaten eggs, lemon rind, flour and walnuts.
- 3 Pour into prepared loaf tin.
- 4 Bake in moderate oven at 180 °C for 45 minutes.
- 5 For the icing, beat the cream cheese till smooth with lemon juice.
- 6 Add icing sugar, and beat until light. Put aside.
- 7 When cool, spread icing and sprinkle with coconut.

Audrey's banana pancakes

Audrey – Whiddon Easton Park

1 small ripe banana
1 medium egg
2 tablespoons wholemeal self-raising flour
Oil spray

- 1 In a bowl whisk egg, then flour until smooth. Set aside for 5 minutes.
- 2 Slice the banana, add to the bowl and mix.
- 3 Lightly spray a medium non-stick frying pan with oil and heat over a medium heat.
- 4 Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter to make 2 more pancakes.
- 5 Cook for 1–2 minutes or until golden. Turn and cook for the other side is golden and cooked through, then serve.

Yvonne's chocolate crackles

Whiddon Easton Park

4 cups Rice Bubbles
1 cup icing sugar
1 cup desiccated coconut
5 tablespoons cocoa powder
250g copha, melted

- 1 In a bowl, mix all ingredients together.
- 2 Spoon mixture into patty cake papers and refrigerate until set.

Margaret's weight-friendly fruit cake

Margaret – Whiddon Easton Park

1kg mixed fruit
2 cups of black coffee
1 family size (150g) black fruit and nut chocolate
2 cups self-raising flour

- 1 Soak mixed fruit in coffee and leave overnight.
- 2 When fruit is ready, mix chocolate and flour together in a bowl.
- 3 Grease a square slice pan and pour mixture in evenly.
- 4 Cook at 180 °C for 1 hour or until cooked through.

Jaffa protein balls

Whiddon Laurieton

1 orange
20 dates, pitted and chopped
320g natural almonds, finely chopped
50g vanilla protein powder
¼ cup cocoa
2 tablespoons vanilla

- 1 Zest the orange and put this aside.
- 2 Squeeze one large orange and place into a saucepan with the dates on a low heat until the mixture simmers.
- 3 Remove the pan from the heat and set aside to cool at room temperature before mashing together with a fork.
- 4 In another bowl, mix the almonds, protein powder, cocoa, vanilla, orange zest together and mix until combined.
- 5 Add this to the cooled date mixture and mix until combined.
- 6 Roll into balls, dust with the cocoa and chill in the fridge until ready for serving.

Lemon delicious ice-cream

Whiddon Narrabri Robert Young

1½ cups milk

2 cups thickened cream

*1 tablespoons finely grated
lemon rind*

6 egg yolks, 2 egg whites

½ cup caster sugar

¼ cup lemon juice

½ cup caster sugar, extra

- 1 Combine the milk, cream and lemon rind in a saucepan over a low heat. Bring to a simmer (do not boil). Remove from heat and set aside.
- 2 Meanwhile, use a balloon whisk to whisk the egg yolks, sugar and lemon juice until pale and creamy.
- 3 While continually whisking, add the cream mixture in a thin, steady stream until incorporated.
- 4 Return to the pan and place over low heat.
- 5 Cook, stirring with a wooden spoon for 6–8 minutes or until custard thickens and coats the back of a spoon. Remove from heat and set aside to cool to room temperature.
- 6 Strain custard mixture into a metal container. Cover with foil and place in the freezer for 6 hours or until just firm.
- 7 Place the egg whites in a clean, dry bowl and use an electric mixer to whisk until soft peaks form.
- 8 Add the extra caster sugar and whisk until sugar dissolves and mixture is thick and glossy.
- 9 Use a metal fork to break up ice-cream, and fluff up until smooth. Add this to the egg white mixture, gently folding through.
- 10 Return to the metal container and cover with foil until firm.

Casino's Anzac biscuits

Whiddon Casino

1 cup flour

1 cup oats

¼ cup coconut

1 cup brown sugar

125g butter

¼ cup dark treacle

½ teaspoon bicarbonate of soda

- 1 Preheat oven to 160 °C.
- 2 In a bowl, add all the ingredients and mix together.
- 3 When combined well, roll into small balls on a baking tray and pat down to biscuit shape.
- 4 Bake for 10–12 minutes or until golden.

No-bake oatmeal protein bars

Whiddon Laurieton

2 cups rolled oats
¾ cup almond butter
¼ cup honey
¼ cup protein powder
¼ cup chocolate chips

- 1 Place the almond butter and honey in the microwave for about 10–15 seconds (or until softened). Mix together.
- 2 Mix the rolled oats and protein powder together in a mixing bowl. Add in the softened almond butter and honey. Mix thoroughly and evenly.
- 3 Mix in the chocolate chips. Place the entire mixture in an 8 x 8 inch cake pan covered with wax paper.
- 4 Freeze for about 20–30 minutes.
- 5 Cut into small bars, and enjoy your with your cuppa!

Mango madness smoothie

Whiddon Narrabri Jessie Hunt

1 cup frozen mango
1 cup mango sorbet
1 cup yoghurt
1 cup coconut/almond milk

- 1 In a blender, add all ingredients and blend until smooth and the consistency you like. You can add juice or water to make it thinner if you like.

June's impossible cake

June – Whiddon Laurieton

4 eggs
½ cup butter melted
½ cup plain flour
1 cup sugar
1 cup coconut
2 cups milk
2 teaspoons vanilla essence

- 1 In a bowl, combine all of the ingredients together until mixed well.
- 2 Pour mixture into a greased pie tin.
- 3 Bake in the oven at 170 °C for 1 hour or until firm.

Coconut protein balls

Whiddon Laurieton

3 cups medjool dates, pitted

1½ cups almonds

½ cup water

2 tablespoons cacao powder

4 scoops (120g) whey protein powder, unsweetened

¼ cup dark chocolate chips

½ cup coconut flakes, unsweetened

- 1 In a food processor, add almonds and process until coarse flour (meal) texture (with bigger pieces is okay). Add dates and water, process until combined, pausing and scraping the walls if necessary.
- 2 Add cacao and protein powders then process until well combined, pausing and scraping the walls if necessary. Add chocolate chips and give a few pulses to distribute evenly.
- 3 Remove the blade. Using a spatula, scrape the dough off of the blade and walls pulling into one pile inside the food processor bowl.
- 4 Spread coconut flakes on a large plate. Roll mixture into round balls and drop balls of dough onto it, cover with coconut flakes (from the plate) and gently roll around a bit.
- 5 Refrigerate in an airtight container for up to 1 week or freeze for up to 3 months.

Cocky's Joy or Puftaloons fried scones

250g of flour

1 teaspoon baking powder

Pinch of salt

100ml of milk

Clarified butter

Raisins, currants or mixed fruit can be added, or cheese grated on top

- 1 Sift flour, baking powder and salt into a bowl.
- 2 Mix into a soft dough and add milk nearly all at once.
- 3 Turn onto a floured board and knead slightly. Press out to about half an inch thick.
- 4 Cut with a small round cutter.
- 5 Add a small amount of clarified butter to a moderately hot pan.
- 6 Put scone mixture in and fry gently till golden brown. Turn with a knife and cook the other side.
- 7 Drain onto kitchen paper then serve on a doily on a warm plate with honey, golden syrup and/or jam.

Laurieton's peanut butter protein oat bars

Whiddon Laurieton

*2 cups old-fashioned rolled oats
(gluten-free if needed)*
*3 tablespoons hemp hearts or flax
seed meal (optional)*
2 tablespoons chia seeds
½ cup protein powder
¾ cup all natural peanut butter
1 tablespoon coconut oil
*½ cup + 1 tablespoon raw honey
(or brown rice syrup)*

*Optional peanut butter chocolate
topping*

3 tablespoons peanut flour
*2 tablespoons mini semi-sweet
chocolate chips*
1 teaspoon coconut oil

- 1 Line an 8 x 8 inch pan with baking paper and set aside.
- 2 In a large bowl, stir together dry ingredients and set aside.
- 3 In a medium microwave safe bowl, add peanut butter, coconut oil and honey. Microwave for 10–15 seconds, and stir until evenly combined.
- 4 Add this to dry ingredients and stir gently until mixture is evenly combined. The mixture will be thick and heavy.
- 5 Press mixture into prepared pan, using hands to press evenly into all corners. Place pan in refrigerator for about 45 minutes to set (or 20 minutes in the freezer)
- 6 Once bars have set, lift baking paper from pan and place on cutting board. Using a large sharp knife, cut bars into 12 servings.
- 7 If using topping, melt chocolate chips and coconut oil in microwave for 10 second intervals. Once completely melted stir in peanut flour until no lumps are present. Drizzle peanut butter chocolate on bars and allow to set, about 15 minutes at room temperature.
- 8 Store in an airtight container in fridge up to 2 weeks, or for longer in the freezer.

Fruit cake

Whiddon Casino

1 cup water
1 cup sugar
400g fruit
200g butter
1 teaspoon mixed spice
1 teaspoon bicarbonate of soda
2 eggs
2 cups self-raising flour
1 tin of pineapple (optional)

- 1 Mix butter and sugar together to a make paste, then slowly add flour.
- 2 Add the mixed spice, bicarb soda, eggs and water and mix all the ingredients well.
- 3 Finally add the fruit and pineapple chunks (optional for moistness) and mix until combined.
- 4 Pour into a cake tin and cook for approximately 1½ hours on 150°C.

Kelso's lemonade scones

Whiddon Kelso

*300g (2 cups) self-raising flour,
sifted*

55g (¼ cup) caster sugar

125ml (½ cup) thick cream

125ml (½ cup) lemonade

40ml (2 tablespoons) milk

Lemon curd, to serve

Whipped cream, to serve

- 1 Preheat the oven to 220 °C. Lightly grease a baking tray.
- 2 Place the flour, sugar and ½ teaspoon salt in a large bowl. Add the cream and lemonade and mix to form a soft dough.
- 3 Turn out onto a lightly floured workbench and knead lightly until combined. Press the dough with your hands to a thickness of about 2cm.
- 4 Use a 6cm round cutter to cut out 8 scones, place on baking tray and brush the tops with some milk.
- 5 Re-roll scraps to make a few extra scones.
- 6 Bake for 10–15 minutes until lightly browned. Serve warm with lemon curd and whipped cream.

Anzac biscuits

Whiddon Kelso

150g plain flour

90g rolled oats

85g desiccated coconut

100g brown sugar

55g caster sugar

125g butter

2 tablespoons golden syrup

2 tablespoons water

½ teaspoon bicarbonate of soda

- 1 Preheat oven to 160°C. Line two baking trays with non-stick baking paper.
- 2 Combine flour, oats, coconut and combined sugar in a large bowl.
- 3 Stir the butter, golden syrup and water in a small saucepan over medium heat until the butter melts and the mixture is smooth. Stir in the bicarbonate of soda. Add to the oat mixture and stir until well combined.
- 4 Roll level tablespoons of the oat mixture into balls and place about 5cm apart on the prepared trays. Flatten until about 1cm thick.
- 5 Bake, swapping trays halfway through cooking, for 15 minutes or until light golden.
- 6 Set aside for 10 minutes to cool slightly before transferring to wire racks to cool completely.

Olive's Kiwi biscuits

Olive – Whiddon Beaudesert Star

115g butter

55g sugar

2 tablespoons condensed milk

170g flour

1 teaspoon baking powder

Vanilla

Chocolate chips (dark or milk)

- 1 Mix all dry ingredients together in a bowl.
- 2 Add wet ingredients to the dry ingredients and combine well.
- 3 Place on lined baking tray and slightly flatten.
- 4 Bake for approximately 15 minutes.

Nora's ginger sponge

Nora – Whiddon Beaudesert Star

3 eggs

½ cup sugar

½ cup arrowroot

1 teaspoon flour

1 teaspoon baking powder

1 teaspoon ginger

1 teaspoon cinnamon

1 teaspoon cocoa

1 teaspoon bicarbonate of soda

1 tablespoon golden syrup

- 1 Beat the eggs in a bowl well.
- 2 Add the sugar and beat together until combined.
- 3 Sift in all dry ingredients into the mixture.
- 4 Add the golden syrup and pour into a well-greased tin.
- 5 Cook in the oven for about 20 minutes.
- 6 Make a cream filling and add dry icing sugar on the top when cooled.

Healthy apricot, coconut and chia balls

Whiddon Laurieton

190g dried apricots

68g rolled oats

20g desiccated coconut

1 tablespoon chia seeds

2 tablespoons coconut oil, melted

*2 tablespoons rice malt syrup
or honey*

- 1 Place apricots into a food processor and chop finely.
- 2 Add the rolled oats, coconut, chia seeds, coconut oil and rice malt syrup and mix together.
- 3 Check the mixture and, if it's too crumbly to roll into balls, add a little more rice malt syrup and mix again.
- 4 Roll into ball and store in an airtight container in the fridge for up to 5 days (or in the freezer for up to 2 months).

Date slice

Whiddon Laurieton

125g butter

½ cup sugar

¼ cup plain flour

½ cup self-raising flour

For the filling

250g dates

½ cup brown sugar

¼ cup water

60g butter

1 tablespoon lemon juice

- 1 Beat butter and sugar until it's light and creamy.
- 2 Add egg, and beat until just combined.
- 3 Sift flour and fold into the mixture.
- 4 Spread half the mixture into a greased tin and spread evenly.
- 5 To create the filling, put chopped dates, brown sugar, water, butter and lemon juice in a saucepan.
- 6 Stir over low heat until butter melts and dates soften.
- 7 Reduce the heat, simmer for 2 minutes and remove from heat and let it cool.
- 8 Spoon the filling on top and spread evenly.
- 9 Add the rest of the mixture on top.
- 10 Bake in moderate oven for 30–35 minutes or until cooked.
- 11 Dust with icing sugar and cut into slices.

Apricot and coconut balls

Whiddon Laurieton

500g dried apricots, chopped

395g sweetened condensed milk

2½ cups shredded coconut

Extra coconut for rolling

- 1 Combine all ingredients (except the extra coconut) and roll into balls.
- 2 Roll balls in extra coconut.

Choc chunk protein oat bars

Whiddon Laurieton

¼ cup desiccated coconut

2 tablespoons honey

1 teaspoon vanilla extract

2 cups oats

1 teaspoon cinnamon

*¼ cup dark chocolate, broken
into chunks*

½ cup coconut or almond milk

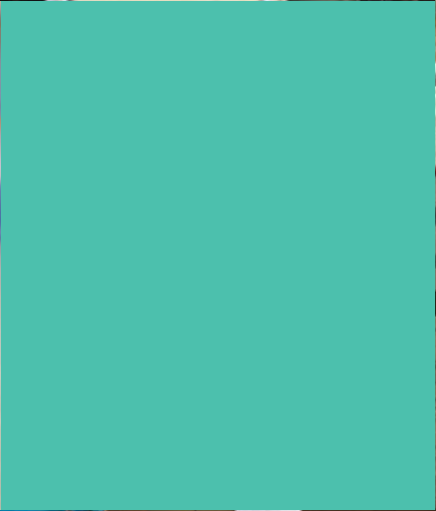
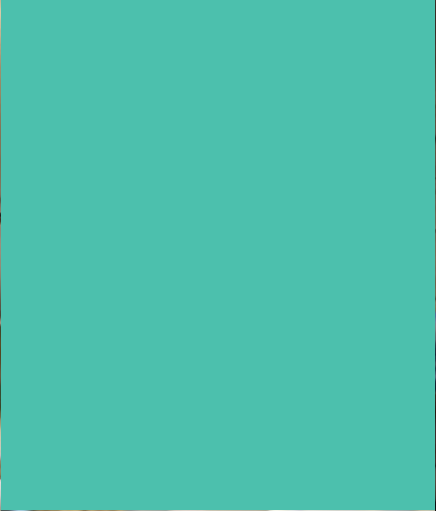
3 tablespoons peanut butter

2 tablespoons chia seeds

*¼ cup protein powder
or almond meal*

¼ cup pumpkin seeds

- 1 Preheat oven to 160°C and line a square baking tin.
- 2 Pulse all dry ingredients except choc chips in blender or processor.
- 3 Mix together with rest of ingredients in a bowl until it forms a sticky dough and press into baking tin.
- 4 Bake for 20–25 minutes until edges are golden.
- 5 Let completely cool before slicing and store in an airtight container for 4–5 days.



Whiddon
Award-winning care