

2025

Cooking Club Recipe book

Whiddon
Award-winning care



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Bon appétit!

The Cooking Club

There's something truly special about a recipe passed from one generation to the next. A flavour that holds a memory, a dish that brings people together, or a smell that instantly takes you home. That's the magic behind the Whiddon Cooking Club.

We relaunched this creative ageing program in 2020. It initially began with a handful of care homes and a simple goal: to bring cherished resident recipes to life and reconnect our residents with the joy of cooking. The Cooking Club has proudly grown into a much-loved tradition across all Whiddon homes.

Each month, our residents have generously shared their treasured sweet and savoury recipes - often with beautiful memories and stories attached - and our Catering and Wellbeing & Lifestyle teams have brought these recipes to life with warmth, creativity, and collaboration.

Together, we've stirred, baked, blended, and plated dishes that have made our homes smell like childhood kitchens, celebration feasts, and Sunday roasts. Many of our residents have been taken on culinary adventures. The photos shared throughout this book capture more than just food. They capture connection, pride, laughter, and love.

This recipe book is a celebration of all of that. A keepsake filled with meals made with meaning, shared with joy.

We're incredibly proud of the passion our teams and residents have poured into this program. The Cooking Club continues to showcase the power of creativity, connection, and care - values we hold close at Whiddon.

And of course, every good competition needs a winner! We're delighted to announce that the **2024-25 Cooking Club Winner** is:

Whiddon Narrabri - Jessie Hunt

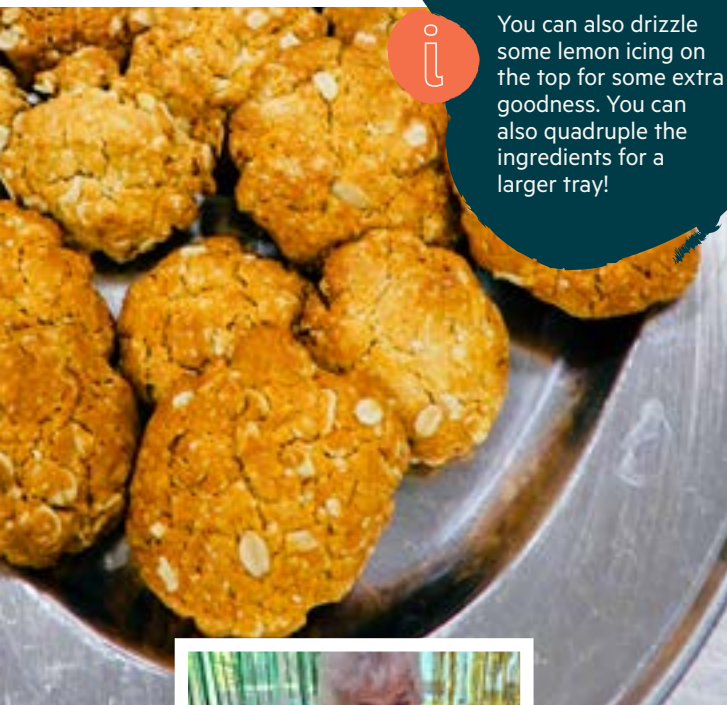
To all our residents, families, and team members, thank you for the stories, the flavours, and the fun. We hope this book brings a little bit of that Whiddon kitchen spirit into yours.



JULY

Anzac Slice

_ SWEET



i

You can also drizzle some lemon icing on the top for some extra goodness. You can also quadruple the ingredients for a larger tray!



Ingredients

1 cup self raising flour
1 cup coconut
1 cup sugar
1 cup rolled oats
1 cup sultanas
1 tbsp maple syrup
1 egg
50g butter

Method

- 01** Pre-heat the oven to 180 degrees.
- 02** In a bowl, mix all the dry ingredients together.
- 03** In a separate heatproof bowl/jug, melt the butter and add the syrup and stir.
- 04** Mix into the dry ingredients and combine well.
- 05** Add the egg and ensure everything is nicely combined together.
- 06** Pop into a lined baking tray and cook for 15 - 20 minutes.
- 07** Once ready, cut into squares and enjoy!

Recipe by Edna

_ WHIDDON CASINO

Edna would often make this slice because it was easy and delicious! A big crowd favourite.

Slovenian Goulash

SAVOURY _

Ingredients

*3 onions**1 garlic clove**1 kg chopped chicken or beef**Salt (pinch)**1 tbsp of pepper**Vegetable oil**Capsicum (optional)**Tomato (optional)**Chilli (optional)**2 tsp of red paprika*

Method

- 01** Sautée onions, garlic, red paprika.
- 02** Add the chops meat. Fry until nice and brown
- 03** Add a glass of water to cover the meat. Let it boil and cook.
- 04** Make the sauce thicker. Add a dissolve of teaspoon cornstarch to the mixture.
- 05** Add salt and pepper to taste.
- 06** Add the 2 spoons of paprika powder.
- 07** Serve for lunch.

Recipe by Vida

_ WHIDDON EASTON PARK

This Goulash recipe was passed down to Vida by her stepmum and was a go-to recipe when cooking for her family. It's a dish she loved making all the time.



AUGUST

Rice Bubble Biscuits

_ SWEET



Ingredients

1 ¼ cup self-raising flour

¾ cup sugar

1 egg

115g margarine

1 cup rice bubbles

Method

- 01** Pre-heat oven to 180 degrees
- 02** Cream the margarine and sugar together.
- 03** Add the egg beat all together for about 2 minutes.
- 04** Add remaining ingredients and combine together.
- 05** Place on a lined baking tray and bake for 10 minutes.
- 06** Cut into your perfect size and enjoy!

Recipe by Nerida

_ WHIDDON LARGS

Nerida often enjoyed making Rice Bubble biscuits for her children when they would return home from attending school.

Martin's Yummy Spring Rolls

SAVOURY _

Ingredients

- | | |
|--|---|
| <i>2 cups vegetable oil</i> | <i>Pinch of ground white pepper</i> |
| <i>3 garlic cloves, finely chopped</i> | <i>2 tbsp coriander, finely chopped</i> |
| <i>4 cups finely shredded daikon (you can use parsnip or turnip)</i> | <i>2 spring onions, finely chopped</i> |
| <i>2 carrots, peeled and cut into small matchsticks</i> | <i>10 sheets spring roll pastry, thawed</i> |
| <i>1 tbsp cornflour</i> | <i>Sweet Chilli Sauce to serve</i> |
| <i>1 tbsp oyster sauce</i> | |

Method

- 01** Heat 1 tbsp of oil in a wok or large frying pan over high heat swirling to coat the base and sides.
- 02** Add garlic, daikon and carrot, & stir-fry for 1 - 2 mins until tender.
- 03** Add the cornflour, oyster sauce, pepper and $\frac{1}{2}$ cup of water, & stir-fry until the sauce thickens
- 04** Transfer to a bowl & set aside to cool.
- 05** Add the coriander & spring onion to the bowl and stir to combine.
- 06** Set out your pastry sheet & place 2 tbsp of the vegetable mixture diagonally across 1 corner of the wrapper.
- 07** Brush the opposite corner with a little bit of water & fold in the sides to roll, enclosing the filling until you reach the wet corner. Repeat with all remaining pastry sheets.
- 08** Add remaining oil to a clean wok or frying pan over high heat. The oil is ready when the end of a wooden chopstick will start to bubble in the oil.
- 09** Cook the spring rolls for 3 - 4 minutes, or until golden.
- 10** Serve with Sweet Chilli Sauce and enjoy!



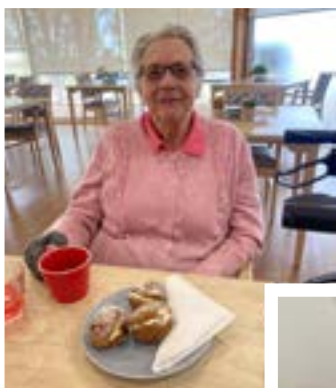
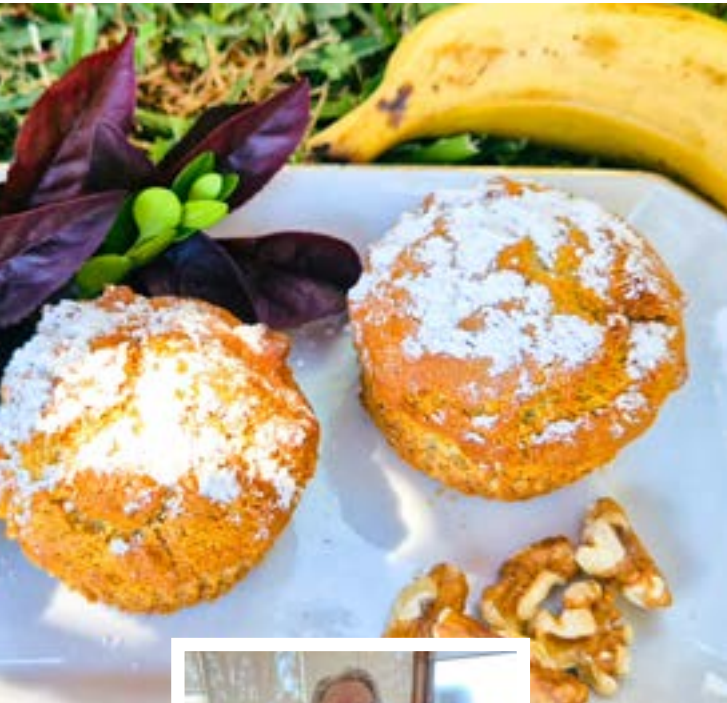
Recipe by Martin

_ WHIDDON MOREE

SEPTEMBER

Banana Cake Muffins

_ SWEET



Ingredients

125g butter
¾ cup castor sugar
2 eggs
3 very ripe bananas
1 tsp vanilla
½ cup chopped walnuts
¾ cup self raising flour
¾ cup plain flour
1 tsp bi-carb soda

Method

- 01 Pre-heat oven to 180 degrees.
- 02 Mash bananas in a bowl.
- 03 In a separate bowl, cream the butter and sugar until fluffy.
- 04 Add eggs, one at a time and combine well.
- 05 Add bananas and vanilla and beat at a low speed until mixed together.
- 06 Stir in the walnuts, sifted flours, bicarb soda and mix all together.
- 07 Pour batter into a lined/greased baking tray and bake for 40 minutes.

Recipe by Jean

_ WHIDDON NARRABRI - ROBERT YOUNG

Jean, one of our long standing residents, raised four children. Food was so important to everyone and she's delighted to share a couple of her family favourites. Jean loves cooking wholesome food for her family.

Pastry-Free Mini Quiche

SAVOURY _

Ingredients

2 eggs
 1 cup of cream
 ¼ cup of milk
 1 cup of canned corn
 Chopped up ham
 ¼ feta crumbled
 Salt and pepper
 1 cup mozzarella cheese
 Cut up parsley (not essential)

Method

- 01 Pre-heat the oven to 180 degrees.
- 02 In a bowl, mix all ingredients together until they're all combined.
- 03 In a non-stick muffin tray (or with the help of non-stick spray), scoop the mixture and divide evenly.
- 04 Place into oven and cook for 15 minutes.

Recipe by Eleni

_ WHIDDON LAURIETON

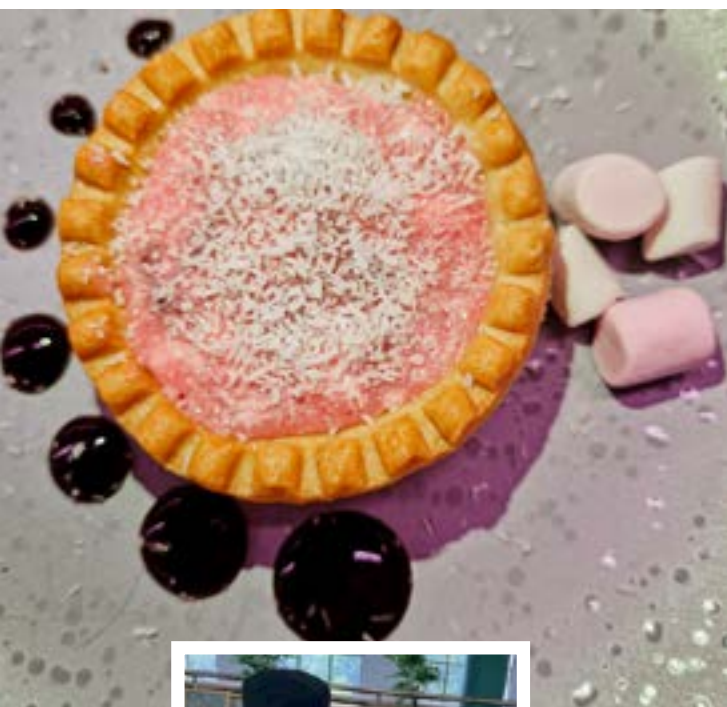
This is a little dish Eleni would make for her grandkids, along with her daughter Cathy. They were a huge hit – the kids could never wait to eat them when they were out of the oven!



OCTOBER

Delicious Iced Vovo Tarts

_ SWEET



Ingredients

12 mini pre-baked tart shells

100g raspberry jam

*200g marshmallows,
regular sized*

40g pouring cream

Desiccated coconut to sprinkle

Method

- 01** Place the mini tart shells on a serving dish.
- 02** Add a teaspoon of raspberry jam into the bottom of each tart shell.
- 03** Melt the marshmallows with the cream in the microwave or over the stove until melted.
- 04** Stir until smooth.
- 05** Spoon the mixture into the tart shells and sprinkle over the desiccated coconut.
- 06** Store in an airtight container at room temperature.

Recipe by Myra

_ WHIDDON MOREE

This is one of Myra's favourite recipes to create. She hopes you love it too.

Welsh Rarebit

SAVOURY _

Ingredients

2 slices of bread

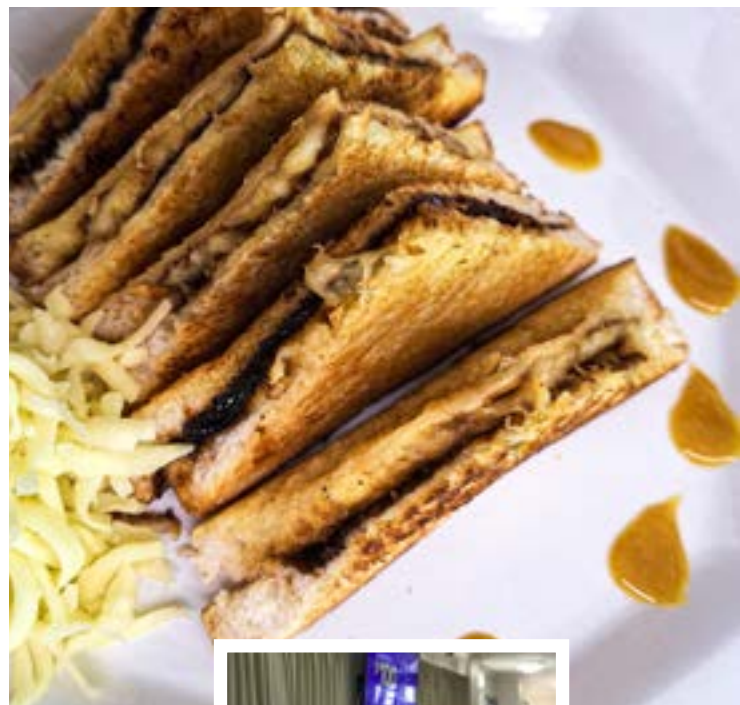
1 tsp of mustard

1 tsp vegemite/marmite

Handful of your favourite cheese

Method

- 01** Assemble the vegemite, mustard and cheese in between the bread.
- 02** Toast each side in a frypan with lots of butter until golden brown and cheese is melted and stringy.



Recipe by Barrie

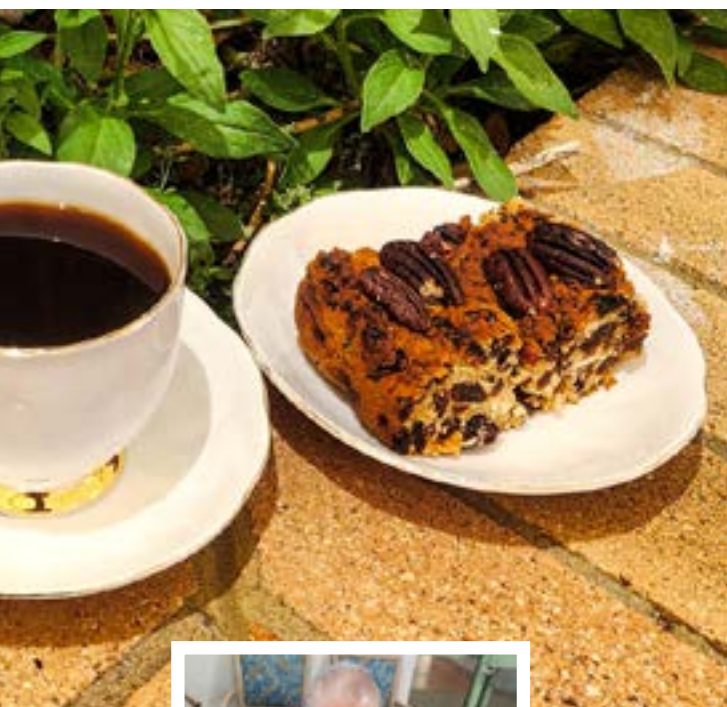
_ WHIDDON GRAFTON

This recipe holds a very special place in resident Barrie's heart! It was a dish that his mother made during the war when food was scarce and nothing was wasted, this then became one of Barrie's fondest memories of his mum and his favourite weekend go to dish.

NOVEMBER

Fruit Cake

_ SWEET



Ingredients

1 kg mixed fruit

1 ½ cup brandy

2 cups self raising flour

Method

- 01** In a bowl, combine the mixed fruit and brandy and leave to soak overnight.
- 02** The next day, combine the mixture with the flour and mix.
- 03** Pour into a lined baking tin and bake for 1 ½ hours at 140 degrees.

Recipe by Margaret

_ WHIDDON BEAUDESERT STAR

Family Favourite Spag Bol

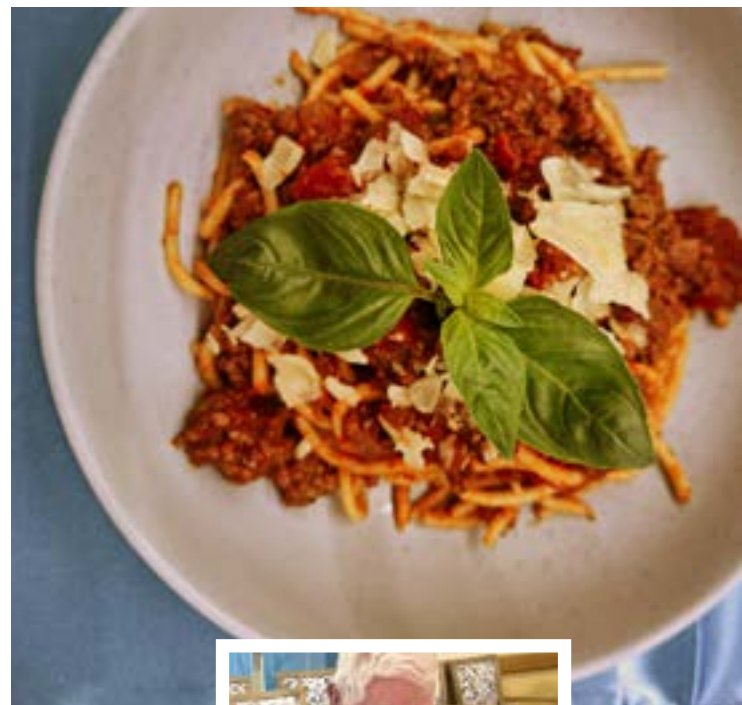
SAVOURY _

Ingredients

500g Beef mince
 2 x onions, diced
 2 x garlic cloves, minced
 1 tbsp tomato paste
 1 tin (400ml) tomatoes
 ½ glass wine
 1 tsp oregano
 1 ½ tbsp Worcestershire sauce
 Salt & pepper to taste
 Grated cheese – measure with your heart!

Method

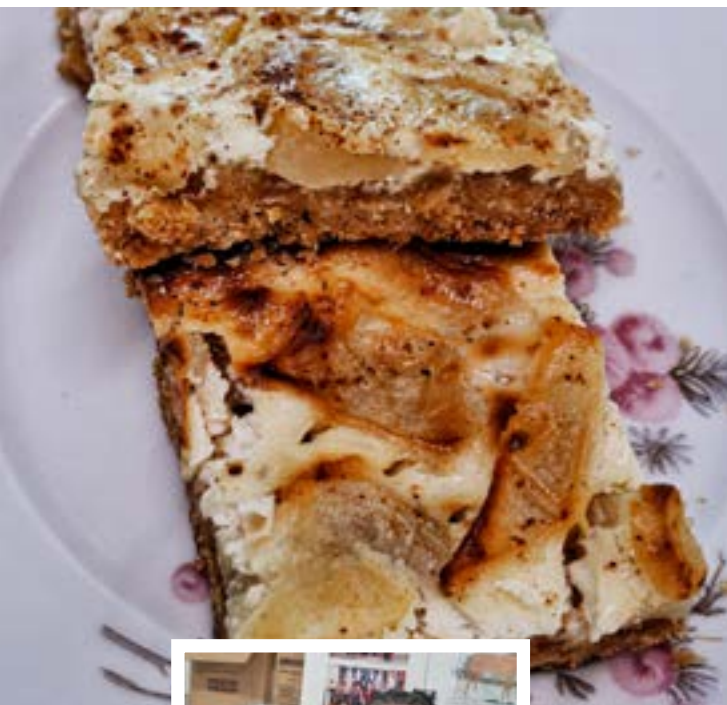
- 01 Cook the diced onions well with a small drizzle of oil.
- 02 Add mince to the pan and cook until brown.
- 03 Add garlic, tomato paste, tomatoes, wine, Worcestershire sauce, oregano and salt & pepper.
- 04 Simmer for at least 30 mins for flavours to combine.
- 05 10 minutes before you're ready to serve, boil spaghetti until it's cooked to your liking.
- 06 Serve spaghetti and bolognese and top with cheese.
- 07 Enjoy!



Recipe by Edna
 _ WHIDDON KELSO

Apple & Sour Cream Slice

_ SWEET



Ingredients

340g packet of cheap cake mix

½ cup of coconut

125g of melted butter

300g carton of sour cream

Nutmeg to sprinkle on the top.

3 - 4 apples, diced

Method

- 01** Preheat oven to 180 degrees (160 if fan forced oven).
- 02** Line a slice tin with baking paper.
- 03** In a bowl, mix the cake mix with the coconut and butter.
- 04** Press the combined mixture into prepared slice tin.
- 05** Bake for 15 minutes.
- 06** While this is baking, mix the apples and sour cream together and stir to combine.
- 07** Spread over warm base and ensure it's all smooth.
- 08** Sprinkle with nutmeg on top and bake for a further 15 minutes.
- 09** Cool to room temperature then cover with plastic and pop it in the fridge to chill for 2 hours or until firm.
- 10** Cut into squares once ready and serve!

Recipe by Marge

_ WHIDDON BELMONT

As a New Zealand native, Marge loved creating different things in the kitchen. She loved making this slice for her children and grandchildren over the years.

Sukumari's Aloo Paratha

SAVOURY _

Ingredients

Dough

2 ½ cups plain white flour

1 tsp salt

1 cup water (note 2)

2 tbsp vegetable oil

Filling

6 red potato

2 onions, chopped

Cooking oil/ghee

Salt

Small bunch of coriander

Red chilli, chopped

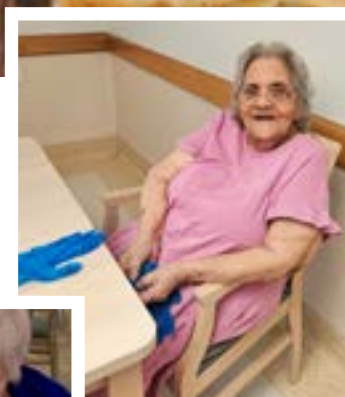
Method

- 01 Make soft dough by place the flour, water and salt in a bowl and mix until a nice dough consistency is created.
- 02 Let the dough sit for about 20 minutes and then separate into palm-size balls, which you will roll out later.
- 03 Boil the potatoes until they are soft.
- 04 Chop onions and coriander into small pieces.
- 05 Mash boiled potatoes once they are soft and ready.
- 06 Mix the mashed potatoes, onion, coriander, chilli (to taste), salt (to taste), oil/ghee.
- 07 Make flat bread (roti) by rolling the balls out with a rolling pin.
- 08 Add the mixed ingredients in the flat bread (roti) and cover it with another flat bread (roti).
- 09 Heat the pan and put the roti and add some ghee or cooking oil on both the sides.
- 10 Ready to serve.

Recipe by Sukumari

_ WHIDDON EASTON PARK

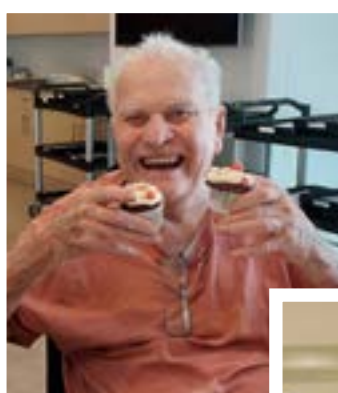
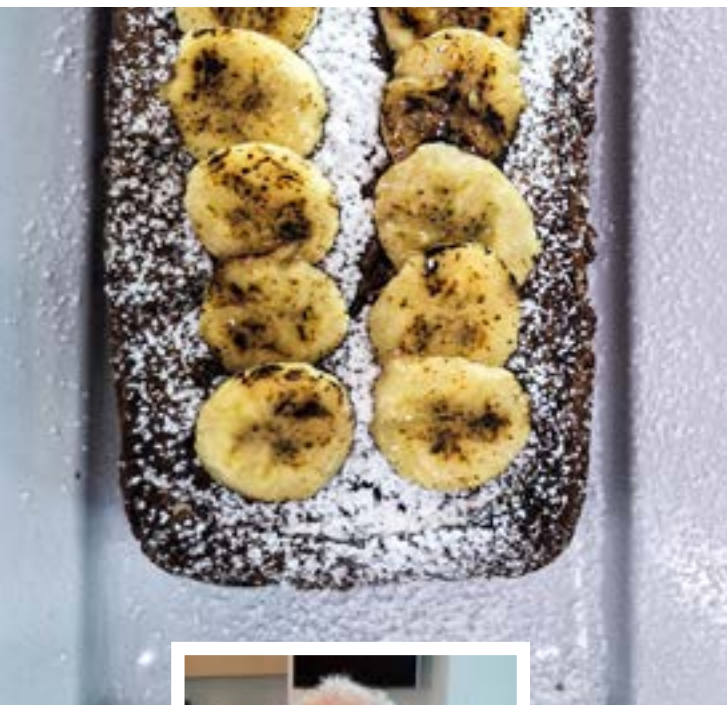
Aloo paratha is a paratha stuffed with potato filling, native to India and often eaten for breakfast. It's Sukumari's favourite food.



FEBRUARY

Best Banana Cake!

_ SWEET



Ingredients

3 bananas, mashed
2 eggs
½ cup butter, chopped
½ cup caster sugar
1 tsp vanilla
1 ½ cup self raising flour
50ml milk
1 tsp bi-carb soda

Method

- 01** Preheat oven to 160 degrees.
- 02** In a bowl, add all wet ingredients and mix together.
- 03** Mix dry ingredients and combine well.
- 04** Pour mixture into baking tin and cook for 30 - 35 minutes.

Recipe by Bruce

_ WHIDDON EASTON PARK

Bruce is one of our Independent Living residents at Whiddon Glenfield. The recipes have been handed down from Bruce's Grandmother. Bruce has always loved baking and when he left school at 16 years old, Bruce started working for a cake shop where his love for baking continued. To this day baking makes Bruce happy.

Macaroni Cheese with Spinach or Silverbeet

SAVOURY _

Ingredients

½ tsp mustard

2 cups macaroni

Handful of spinach or silverbeet, chopped

Bechamel Sauce:

50g butter

¼ cup plain flour

2 ½ cups milk

Add a small cup of grated tasty cheese to sauce

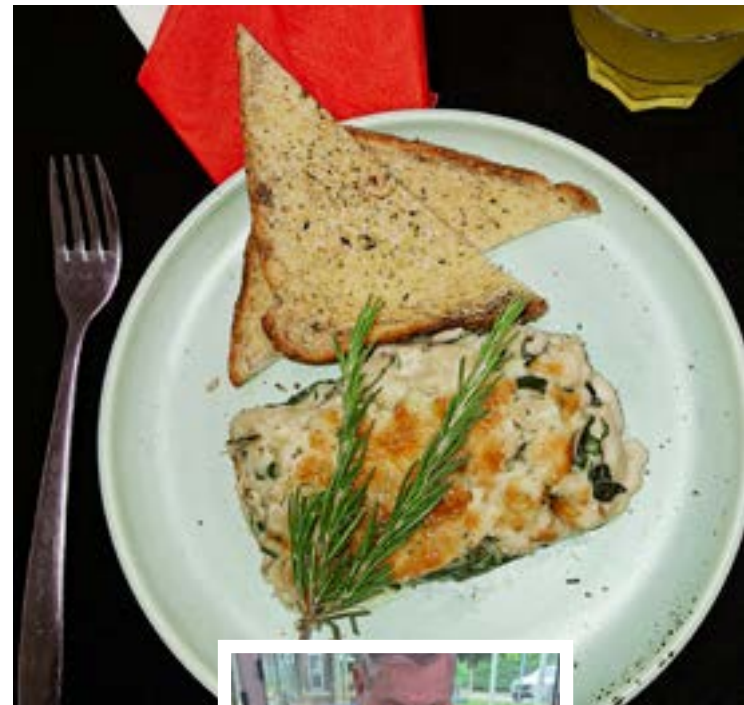
Method

- 01** Melt butter gently and slowly mix in flour.
- 02** Add milk gradually off the heat, stirring constantly.
- 03** Stir all the while back on gentle heat to make smooth sauce.
- 04** Add grated cheese and mustard.
- 05** Boil pasta for 8 minutes in rapidly boiling water.
- 06** Drain and add the spinach or silverbeet.
- 07** Add sauce, put in oven dish and sprinkle with grated cheese.
- 08** Bake for 20 minutes at 180 degrees.

Recipe by Meg

_ WHIDDON REDHEAD

This recipe was perfect for prepping in large batches and keeping in the freezer. Whenever the family would call in after a day at the beach, she was able to take it from the freezer and thaw in the microwave, place under the grill, make garlic bread and a salad add them all together. It would create a lovely meal that her family enjoyed.



MARCH

Never Fail Patty Cake

_ SWEET



Ingredients

2 cups self raising flour

¾ cups caster sugar

¾ cups milk

115 g butter

1 tsp vanilla

2 eggs

Method

- 01** Ensure all ingredients have been left out at room temperature before you begin!
- 02** Preheat your oven to 200 degrees.
- 03** In a bowl, put all your ingredients in and beat together until combined very well.
- 04** Pour into cup cake trays and bake for 10 - 15 minutes.
- 05** Press into large baking trays.
- 06** Sprinkle the top with nutmeg and a bit of extra sugar and bake until it's cooked through.

Recipe by Dawn

_ WHIDDON WINGHAM

Dawn has always had a love for cooking – and still does so within our care home every week!

Easy Fruit Slice

SWEET _

Ingredients

12 ½ cups self-raising flour

5 cups mixed fruit

850g melted butter

5 cups sugar

10 eggs

Vanilla

Pinch of nutmeg

Method

- 01** Preheat oven to 180 degrees.
- 02** Place dry ingredients in a bowl.
- 03** Add eggs, vanilla and melted butter and mix well.
- 04** Press into large baking trays.
- 05** Sprinkle the top with nutmeg and a bit of extra sugar and bake until it's cooked through.

Recipe by Allison

_ WHIDDON TEMORA

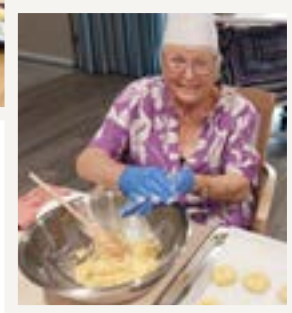
This fruit slice was something Allison would always make when she volunteered to raise money for Can Assist. It was certainly a crowd pleaser. This recipe is enough to make for 100 people! Adjust the recipe as required.



APRIL

Jam Drops

_ SWEET



Ingredients

125g softened butter

¾ cup caster sugar

2 eggs

2 cups self raising flour

Pinch of salt

¼ cup of jam – any flavour you like!

Method

- 01** Pre-heat oven to 180 degrees.
- 02** Line 2 x baking trays with paper or silicone mat.
- 03** In a bowl, add butter and sugar and mix with electric mixer for approximately 3 minutes until light and fluffy.
- 04** Add eggs to the mixture and combine.
- 05** Add flour and salt, and mix until a nice dough is formed.
- 06** Roll the mixture into small balls and flatten with the edge of the spoon slightly.
- 07** Place onto baking trays, leaving about 5cm gap between each, and press floured finger deep in the centre of the mixture.
- 08** Fill each hole with your favourite jam filling.
- 09** Bake biscuits for 10 minutes before transferring to a wire rack to completely cool.

Recipe by Val

_ WHIDDON GRAFTON

Veggie Patties

SAVOURY _

Ingredients

1 can of Nutolene
 1 onion, grated
 1 carrot, grated
 1 potato, grated
 1 egg

Method

- 01 Decant your nutmeat into bowl.
- 02 Add grated carrot, potato, onion to the bowl.
- 03 Lightly whisk egg and add to mix.
- 04 Add salt and pepper to taste.
- 05 Make little patties and refrigerate for 30 minutes, this helps them keep their shape when frying.
- 06 Little fry in a little oil, until golden.
- 07 Serve with a green salad or vegetables.



You can either use Nutmeat or Nutolene with this recipe too as a great healthy meat alternative made from peanuts.



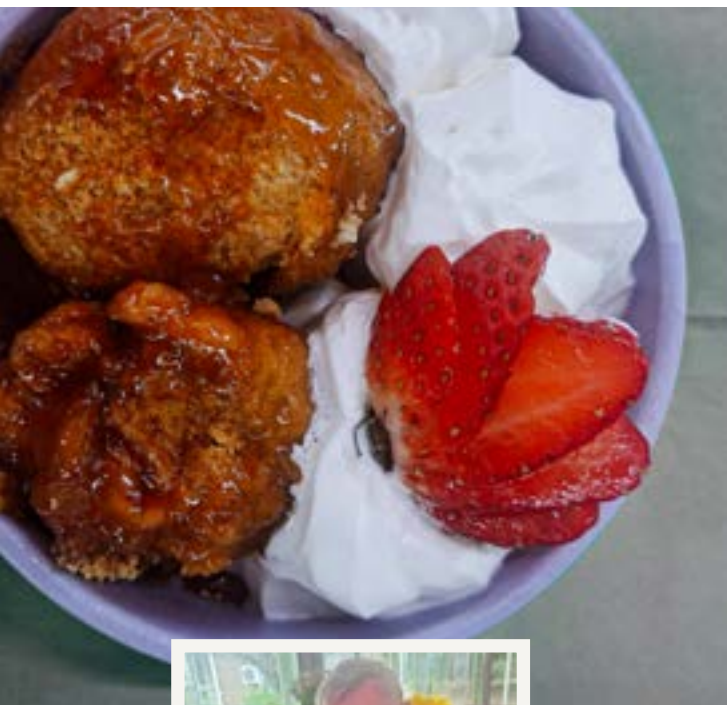
Recipe by Betty

_ WHIDDON NARRABRI - JESSIE HUNT

MAY

Golden Syrup Dumplings

_ SWEET



Ingredients

Dumplings

1 ¼ cups self raising flour

30g butter

¼ cup golden syrup

⅓ cup milk

Syrup

30g butter

½ cup brown sugar

½ cup golden syrup

1 ½ cups water

4 tsp lemon juice

Method

- 01** Sift flour into a bowl and add the butter for the dumplings.
- 02** In a jug, combine the golden syrup and milk together.
- 03** Make a well in the middle of the dry ingredients and slowly pour the milk mixture until thoroughly combined – do not beat it! The mixture should be moist and sticky.
- 04** Start making the syrup by combining the butter, sugar, golden syrup, water and lemon juice in a heatproof dish & cover.
- 05** Warm the syrup up in the microwave for approximately 6 minutes until the sugar is fully dissolved. Be sure to stir occasionally.
- 06** With floured hands, roll the dumpling mixture into small ball shapes and place into the boiling sauce.
- 07** Cover the dish again and pop back into the microwave for 3 - 4 minutes until the dumplings are risen and firm.
- 08** Serve with icecream or cream (or enjoy on their own!).

Recipe by Florrie

_ WHIDDON BOURKE

Easy Trifle

SWEET _

Ingredients

Pack of sponge jam rolls or sponge cake

Sherry

Custard

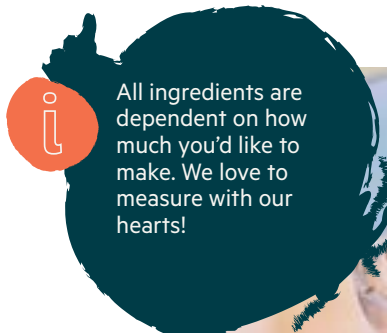
Grated chocolate

Whipped Cream

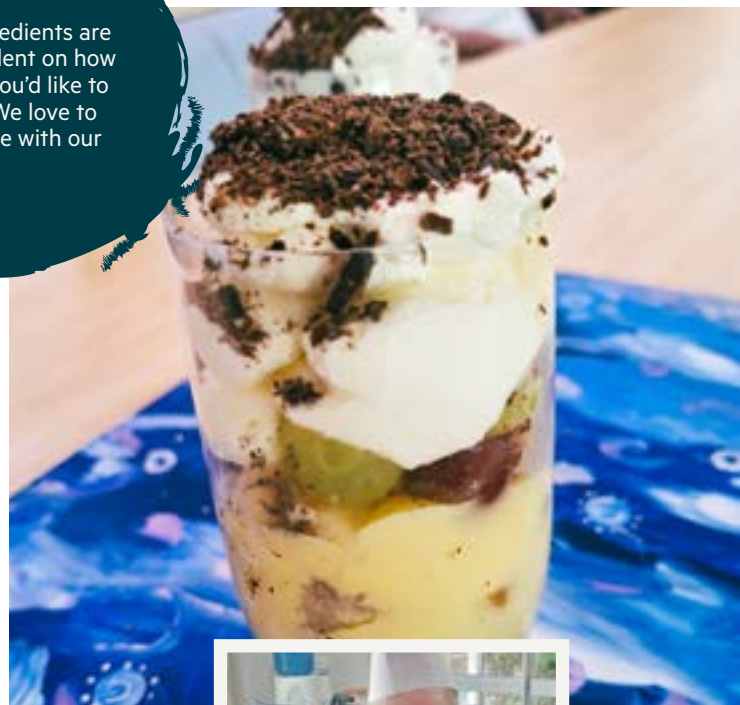
Fruit of choice

Method

- 01** In a bowl, cut your sponge cake into pieces and add enough sherry to coat – but not drown – the cake.
- 02** In your trifle bowl, create your layers. Start with your sponge cake right at the bottom.
- 03** Follow with a thick layer of custard, then a layer of grated chocolate, then a layer of thick custard then a layer of grated chocolate.
- 04** End with a layer of whipped cream and top with your fruit of choice.
- 05** Pop into the fridge and take it out to serve when ready.



All ingredients are dependent on how much you'd like to make. We love to measure with our hearts!



Recipe by Vyuiian

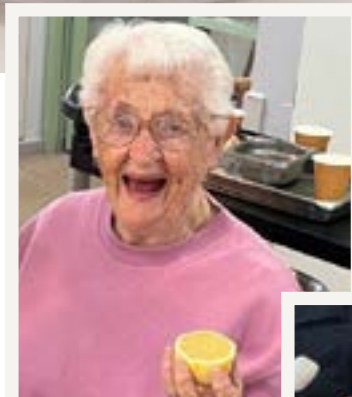
_ WHIDDON KELSO

This was a dessert made every single Christmas and special event throughout the year!

JUNE

Lemon Sauce Pudding

_ SWEET



Ingredients

2 eggs
2 tbsp butter
 $\frac{3}{4}$ cup sugar
2 tbsp self-raising flour
Pinch of salt
1 tsp grated lemon rind
 $\frac{1}{3}$ cup lemon juice
1 cup milk

Method

- 01 Pre-heat oven to 180 degrees.
- 02 Separate the egg whites from the yolks.
- 03 In a bowl, cream the sugar and the butter, then add the milk and sifted flour.
- 04 Add the lemon rind, lemon juice, yolks and milk.
- 05 In a separate bowl, beat the egg whites until stiff peaks form and fold into the mixture.
- 06 Pour into a greased, oven proof baking dish and stand in a dish of cold water.
- 07 Bake in the oven for 40 minutes.

Recipe by Nea

_ WHIDDON GRAFTON

Nea used to love making this for her children growing up. It was one of their most favourite desserts to eat.

Cabbage Rolls

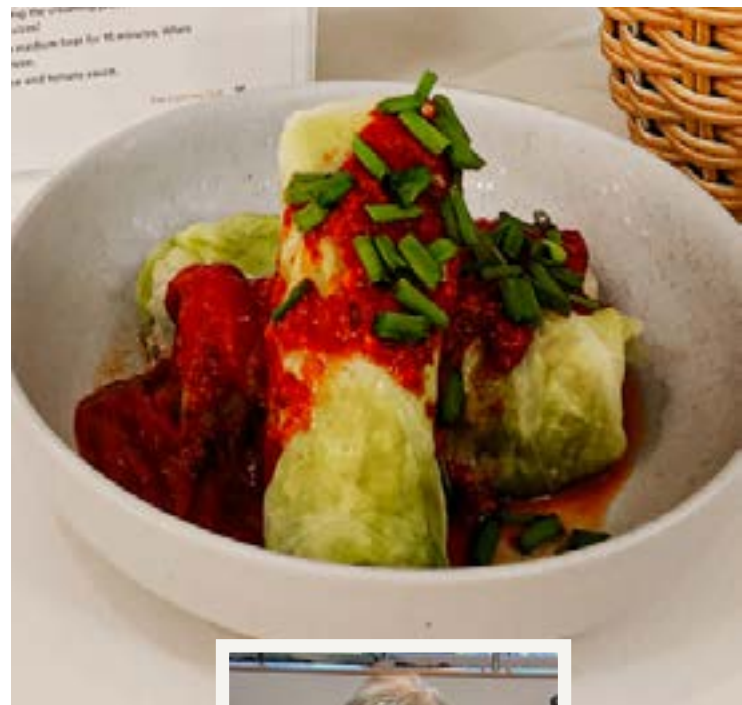
SAVOURY _

Ingredients

12 cabbage leaves	1 tsp salt
225g pork or beef mince	1 ½ tsp pepper
1 tbsp minced garlic	Handful of fresh parsley
2 tsp oregano	⅓ cup cooked rice
⅓ cup finely chopped onions	6 cups of water
1 large egg	

Method

- 01** Use a knife to remove the tough stem from the cabbage leaves (this will make it easier to roll later).
- 02** Bring the water to a boil and add ¼ tsp of salt and ½ tsp of oil to help preserve the colour of the cabbage.
- 03** Cook the cabbage for 30 - 40 seconds or until they are soft but NOT mushy. They need to hold their shape for rolling.
- 04** Remove from the pot and shock in a bowl of cold water with ice.
- 05** In a bowl, put all the remaining ingredients together & mix.
- 06** Divide the filling into 12 equal portions.
- 07** Place portion on the lower third of the leaf. Fold the leaf over and continue rolling until you form a log. Tuck the sides to the bottom and continue with the remaining 11 leaves.
- 08** Bring the water in the steamer to a boil.
- 09** Arrange the cabbage rolls on a heat proof plate that is deep to compensate for the oozing that will over during the steaming process. You want to catch these juices!
- 10** Steam over a medium heat for 15 minutes. When it's done, remove.
- 11** Serve with rice and tomato sauce.



Recipe by Colleen
_ WHIDDON KYOGLE



Additional
savoury recipes

Marian's Homemade Tuna Patties

Ingredients

4 potatoes
2 small onions
1 large can of tuna

Method

- 01** Boil the potatoes and onions until soft.
- 02** Drain and mash until nice and smooth.
- 03** Add the can of tuna and combine all together.
- 04** Season with salt and pepper.
- 05** Make small balls out of the mix and roll in your hands – these can be as big or as small as you like.
- 06** Set up 3 x small bowls containing flour, breadcrumbs, and milk.
- 07** Dip the balls into the flour, then milk and then breadcrumbs!
- 08** Heat oil in the pan and fry till golden brown.
- 09** Serve on their own.

George and Betty's Pizza Scrolls

Ingredients

Frozen filo pastry
Scroll filling
½ quantity of basic
pizza dough
1 tbsp pizza sauce
150g perfect Italiano
pizza cheese
40g baby spinach leaves,
coarsely chopped
40g roasted capsicum,
finely diced
35g char-grilled eggplant,
finely diced

Method

- 01** Thaw out filo pastry and lay flat.
- 02** Spoon pizza sauce evenly over the top. Sprinkle over
- 03** cheese and top with spinach, capsicum, and eggplant.
- 04** Starting from the longest edge, roll up the scrolls.
- 05** Cut into 8 equal pieces.
- 06** Put on tray lined with baking paper about 2 cm apart.
- 07** Top with a sprinkle of extra cheese.
- 08** Bake 15 - 20mins until golden and cooked through.



- 1 small brown onion
- ½ cup panko breadcrumbs
- 500g lean beef mince
- 1 small zucchini
- 1 small carrot
- 1 egg
- 1 large garlic clove, minced
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp of salt and pepper
- 2 tsp Worcestershire Sauce
- 1 - 2 tbsp oil



When cooking, don't press too hard on the patties. This will let the juices (and all the flavour) out.

- 01** Grate the onion into a large bowl. Add the panko breadcrumbs and mix briefly.
- 02** Grate the zucchini and carrot into the bowl. Then add remaining ingredients. Mix well.
- 03** Scoop the mixture to make little round balls and flatten slightly. You should be able to get 10 - 12 rissoles from this mixture.
- 04** Heat oil in a pan over medium heat and add half the patties. Cook for approximately 4 minutes or until dark and golden.
- 05** Flip and cook the other side for 3 - 4 minutes.
- 06** Serve with mash potatoes, your favourite veg and tomato sauce!

Anita's Cashew Nut Roast

Ingredients

1 chopped onion
100g butter
4 heaped tsp of rolled oats
1 egg beaten
125g chopped mushrooms
¼ tsp chopped basil (or other herbs)
300 ml milk
250g finely chopped raw cashew nuts

Method

- 01** Pre-heat the oven to 180 degree.
- 02** In a bowl, mix all ingredients together until they've combined nicely.
- 03** Grease a baking dish and pour mixture in.
- 04** Place in oven and bake for 90 minutes or until nice and golden.

Grandfather's Curried Potato

Ingredients

Potatoes
1 medium onion, finely chopped
Curry powder
Chopped parsley
3 rashers of bacon
½ tsp dried thyme
½ tsp dried oregano
½ tsp of salt and pepper
2 tsp Worcestershire Sauce
1 - 2 tbsp oil

Method

- 01** Cut as many potatoes as you need for the people you are serving into bite size pieces, boil with salt until just cooked. Drain potatoes.
- 02** Cook bacon until it's lightly crisp.
- 03** Melt 3 teaspoons of butter in a large fry pan and fry the chopped onion. When soft add 2 teaspoons of curry powder, stir until onions are coated.
- 04** Add the potatoes and stir until potatoes are coated, followed by the chopped parsley and crispy bacon.
- 05** Serve hot or cool to eat later - both options delicious.



Savoury Impossible Pie

Ingredients

1 ½ cup of milk
½ cup of plain flour
3 eggs (beaten)
1 cup grated cheddar cheese
300g corn kernels, drained
3 rashers of rindless bacon, chopped
1 diced tomato
3 spring onions, chopped
2 tbsp of parsley, chopped
Salt & pepper to taste

Method

- 01** Preheat oven to 180 degrees.
- 02** Sift plain flour into large bowl.
- 03** Whisk in beaten egg and milk together to the flour mixture and stir.
- 04** Once all combined, add remaining ingredients.
- 05** Pour into oiled, shallow casserole dish and bake for 1 hour.
- 06** Once cooked, serve with your favourite salad.



Ron's Family Favourite Imperial Rainbow Steak

Ingredients

1 tsp salt
½ tsp pepper
1 tbsp fresh ginger
1 tbsp fresh garlic
1 tbsp oyster sauce
1 tbsp sweet cooking
sherry (optional)
1 tsp sesame oil
1 tbsp bi-carb soda
1 tbsp cornflour
1 tbsp rice wine vinegar

To make the sauce

4 tbsp tomato sauce
1 ½ tbsp
Worcestershire sauce
1 tbsp barbecue sauce
2 tbsp hoisin sauce
½ tsp fresh chilli
½ tsp sesame oil
½ tsp salt
½ tsp pepper
½ cup caster sugar

Method

- 01** Combine the marinade ingredients in a bowl. Once combined, add the meat and leave to marinate for at least 2 hours or overnight if possible.
- 02** Combine sauce ingredients in a small bowl and set aside.
- 03** Heat a wok or frying pan with a dash of oil until smoking hot and stir fry beef in batches. Set aside.
- 04** Add a dash of oil to the wok, add hard vegetables and stir fry until just soft.
- 05** Add softer vegetables and fry until just soft.
- 06** Return meat to wok, add sauce, turn heat down to low and gently stir until vegetables are just cooked through, yet still a little crispy in the centre.
- 07** Serve hot on a bed of steamed rice or fried rice.

Sheila's Basic Beef Roast

Ingredients

Butter (measure with your heart)

1 large cut of Roast Beef

Salt & Pepper

1½ kg of potatoes

4 carrots

½ small pumpkin

Method

Method for Roast Vegetables

- 01** Preheat oven to 180 degrees.
- 02** Cut up all vegetables to the same size, place on baking tray and lightly oil or butter.
- 03** Roast in hot oven for 45 mins - 1 hour until cooked to your liking.

Method for the Roast Beef

- 01** Place large cut of beef on baking tray, cover with a little butter, salt and pepper.
- 02** Roast at 180 degrees for 1 hour and turn oven down for an extra 30 mins.
- 03** Let meat rest for 20 minutes and carve.

Shirley's Lamb Chops

Ingredients

1 large onion

1 tbsp of cooking oil

6 Lamb chops

1 can of chopped tomatoes

2 tbsp of Tomato puree

1 tsp of salt

Ground pepper

1 tbsp of sugar

2 cups of water or broth

2 tbsp of plain flour

Method

- 01** Heat oil in pan, fry onion and place chops in the pan.
- 02** Place flour in with onions and fry a little.
- 03** Add tinned tomatoes and water or broth.
- 04** Add puree, salt, pepper and sugar.
- 05** Bring to a simmer and place in the oven in baking dish for 1 hour.
- 06** Serve with Mash and vegetables, sometimes you can just add mixed vegetables to braise and cook all at once.



Robert's Rabbit Stew

Ingredients

2 tbsp of oil
1 kg of rabbit, cut into pieces
2 onions
4 garlic cloves
1 cup of water
1 ltr of chicken stock
1 can of tinned tomatoes
5 potatoes peeled and diced
2 carrots thickly sliced
1 cup of frozen peas
1 tbsp of mixed herbs

Method

- 01** Preheat the oven to 160 degrees.
- 02** Heat up your pot, cook the rabbit in batches until brown.
- 03** Heat remaining oil in the same pan and cook onion, garlic stirring until onion is cooked.
- 04** Add all other ingredients into the pot and bake for 2 hours until rabbit is tender. Serve with bread.

Colin's Rissoles and Mash

Ingredients

1 large onion
1 cup of fresh breadcrumbs
of 3 Weetbix
1 tbsp of cooking oil
750g beef mince
2 tbsp of BBQ sauce
2 tbsp of Worcestershire sauce
1 egg, lightly beaten
1 tbsp of oil

Onion Gravy

2 brown onions
1 tbsp of plain flour
1½ cup of beef stock

Mashed Potatoes

400g of potatoes to mash
Butter and milk (measure with your heart)

Method

Method for Rissoles

- 01** Place, mince, breadcrumbs, onion, garlic, sauces and egg in a large bowl. Season with salt and pepper. Mix well to combine.
- 02** Roll into 12 balls and flatten on a large plate and refrigerate for 30 minutes.
- 03** Heat oil in a pan and cook rissoles for 10-15 minutes browning on each side.

Method for mash and Onion Gravy

- 04** Meanwhile boil and mash the potatoes.
- 05** Heat oil in a large pan and make your onion gravy, fry onions until soft.
- 06** Add flour and cook till thickens.
- 07** Add stock to make gravy and cook till thickened.
- 08** Serve with Mash, and enjoy this old classic staple.

Meg's Fettucine Bolognese

Ingredients

1 kg beef mince
1 brown onion
1 tin of tomatoes
1 tbsp of tomato paste
3 or 4 garlic cloves
1 bay leaf
Basil leaves
½ tablespoon of sugar
Pinch of oregano
Olives (optional)
½ cup of parmesan
cheese grated
Salt & pepper to taste

Method

- 01** Use large pan to fry mince in 1 tablespoon of olive oil. Turn over regularly with spatula on low to medium heat.
- 02** Add sliced onion and bay leaf to brown.
- 03** Crush garlic before mixing in. (Add optional olives)
- 04** Add tomato paste and tin of tomatoes along with sugar, basil and oregano.
- 05** Mix well if dry, add a cup of water (more if necessary)
- 06** Place lid on pan and simmer for at least 30 minutes.
- 07** Keep checking and stirring.
- 08** While mince is cooking, cook fettucine pasta
- 09** Once pasta has been cooked and drained, add to your bowl and cover with mince and parmesan cheese.



Scotty's Damper

Ingredients

3 cups self-raising flour

1 cup milk

1 cup water

1 cup raisins

Pinch of salt

Method

- 01** Mix all ingredients together and knead well.
- 02** Wrap in foil and cook in a hot camp oven with lid on and hot coals on the lid for $\frac{3}{4}$ hr, checking every 15 mins.
- 03** Enjoy warm with butter.



Peter's Basic Pan (and Basically Free) Gravy

Ingredients

*Roasting pan with the drippings from
your piece of roast meat*

3 tbsp of all-purpose flour

2½ cups warmed chicken stock or water

Salt and fresh black pepper

Method

- 01** After roasting the meat, remove from baking dish.
- 02** Skim off the excess fat and remove.
- 03** Place the roasting pan over your stove element and heat, sprinkle on flour and stir constantly.
- 04** Add stock little by little whilst still stirring.
- 05** Thicken and serve.





Additional
sweet recipes

Imelda's Truffle

Ingredients

1 round sponge
Sherry
1 tin custard
½ packet of jelly
300 ml whipped cream
Nuts crushed
Fruit of your choice

Method

- 01** In a bowl, cut the sponge in pieces and drops of Sherry.
- 02** Layer the sponge on the bottom, followed by the jelly and custard.
- 03** Add cream on top.
- 04** Add the fruits and crushed nuts.



Annette's Short Biscuits

Ingredients

25g butter
¾ cup icing sugar
2 cups plain flour

Method

- 01** Cream the butter, gradually beat in icing sugar.
- 02** Add half of the flour & beat until mostly combined - it will resemble wet sand.
- 03** Then beat in remaining flour.
- 04** Use hand to bring it together into smooth ball at dough-knead it lightly.
- 05** Use a rolling pin or glass to flatten, don't press down too hard.
- 06** Bake for 20 mins at 150 degree Celsius.

Janette's Boiled Fruit Cake

Ingredients

375g of mixed dried fruit

1 cup sugar

1 cup butter

1 tsp mixed spices

1 tsp bi carb soda

1 cup water

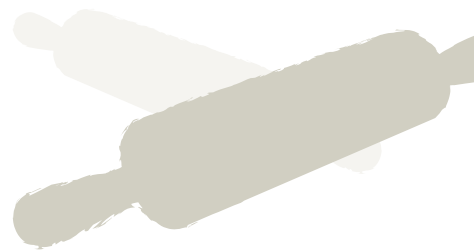
1 cup self raising flour

1 cup all purpose flour

1 egg

Method

- 01** Preheat oven to 190 degrees.
- 02** Add fruit to saucepan with sugar, butter, spice, bicarb soda and water and mix together on a gentle heat.
- 03** Bring almost to the boil and turn off heat. Allow to slightly cool.
- 04** Mix in flour and egg until combined well.
- 05** Pour into a lined cake tin.
- 06** Cook for about one hour or until a skewer comes out clean.
- 07** Allow to cool before removing from tin.



Ollie's Delicious Gramma Pie

Ingredients

*1 small-medium Gramma, peeled
and diced*

½ tsp cornflour

Lemon juice – to taste

Sugar – to taste

*Pastry shell (or you could have a
go at making it yourself)*

Method

- 01** In a pot, boil the Gramma until tender (it's like cooking pumpkin!).
- 02** Once cooked, place in stainer until all water is drained off.
- 03** Place back into pot, mash until smooth adding lemon juice and sugar to taste.
- 04** Bring back to low boil and add cornflour mixed in small amount of water, then turn off the heat.
- 05** Place mixture into cooked pastry shell.
- 06** Serve with fresh cream or custard!



Ray's Passionfruit Tart

Ingredients

1 tart or flan shell that has been baked and cooled

1 can sweetened condensed milk

125 ml lemon juice

2 passionfruits

Method

- 01** Bake the outer shell as per cooking instructions and allow to cool
- 02** In a bowl, mix the sweetened condensed milk, lemon juice and passionfruit together.
- 03** Pour into the cooled pastry shell
- 04** Refrigerate until all set (usually a couple of hours at the minimum).
- 05** Cut into slices and serve as is or with some freshly whipped cream!



Denise's Peanut Butter Slice

Ingredients

125g plain biscuits, crushed

100g melted butter

¾ cup smooth peanut butter + an additional 2 tbsp

½ cup icing sugar

1 cup chocolate chips

Method

- 01** Grease and line a square baking tin with baking paper and set aside.
- 02** In a medium size bowl, mix together the biscuits, melted butter, peanut butter and icing sugar.
- 03** Press into the baking tin and set aside.
- 04** Melt the chocolate in a microwave safe bowl or over a double boiler, along with the 2 tbsp of peanut butter.
- 05** Once melted and mixed well, pour over the biscuit base and smooth out using a spatula.
- 06** Chill the slice in the fridge for an hour or until firm.
- 07** Slice, serve and enjoy!



John's Lemon Pudding

Ingredients

4 x eggs
½ cup sugar
50g butter
1 cup lemon juice
Rind of 2 lemons
½ cup self raising flour
3 cups milk

Method

- 01** Pre-heat oven to 180 degrees.
- 02** Separate the egg yolks and whites.
- 03** Beat egg whites and ⅓ cup sugar until stiff, put aside.
- 04** In a heat-proof oven dish/bowl, cream the butter and ⅓ cup sugar.
- 05** Mix in egg yolk and lemon rind.
- 06** Add lemon juice and self-raising flour, alternatively.
- 07** Stir in the milk.
- 08** Fold egg whites into mixture.
- 09** Bake in a bath for approximately 45 minutes.

Curley's Special Scones

Ingredients

4 cups self-raising flour
1 bottle of beer
1 tbsp butter

Method

- 01** Pre-heat oven to 180 degrees
- 02** Mix flour, beer and butter together until it forms into a soft dough.
- 03** Roll out dough and cut into even sized circles.
- 04** Place onto a greased tray and brush the tops with a little milk.
- 05** Bake for 15 to 20 minutes or until golden on top and cooked through.
- 06** Serve with butter and syrup or jam and cream.



Robert's Bread and Butter Pudding

Ingredients

5 eggs
Butter for greasing baking dish and on bread.
875ml milk
2 tbsp of sugar
1 tbsp of Vanilla essence
8 slices of toast bread
¼ cup of sultanas
Pinch of ground nutmeg
Pinch of cinnamon
Icing sugar mix to dust
Serve with cream or ice-cream

Method

- 01 Preheat the oven to 180 degrees.
- 02 Grease oven proof dish with butter.
- 03 Whisk, eggs, milk sugar and vanilla in a large bowl.
- 04 Spread toast generously with butter, cut in half and place in baking dish in layers facing up.
- 05 Pour over the egg mixture and add sultanas and sprinkle spices.
- 06 Create a Bain Maree with water and place one baking dish inside the bain maree with water.
- 07 Bake for 55-60 minutes.
- 08 Enjoy!

Bill's Lemon Cheesecake

Ingredients

Base
1 pk Scotch Finger biscuits
28g butter
Filling
1 Tin of condensed milk
250g packet cream cheese
2 lemons

Method

- 01 Crush biscuits and add melted butter and combine.
- 02 Pack into a round cake tin (with a removable base)
- 03 Beat cream cheese then add condensed milk. Once it's mixed well then add lemon juice and beat until thick.
- 04 Put filling onto biscuit base and refrigerate overnight.
- 05 Whip cream until thick and spread over cheesecake and add fruit (optional).

Samuel's (Tom's) Traditional Fruit Cake

Ingredients

2 kg mixed dried fruit
½ cup of chopped walnuts
⅓ cup of chopped almonds
1 ½ teaspoon of grated orange rind
2 tsp of mixed spice
¾ cup caster sugar
1 cup of orange juice
½ cup of sherry, brandy or apple juice
375g soft butter
¾ cup of brown sugar
7 eggs
3 cups of plain flour
Icing sugar to dust

Method

- 01** Preheat the oven to 150C, grease 2 x 20cm round pan and line base with 2 layers of baking paper. Extend over sides and top of pan.
- 02** Use an electric mixer to beat and cream butter and brown sugar. Add eggs in one at a time, beating well after each addition.
- 03** Add the fruit, nut and flour to mixture and combine well.
- 04** Bake the cakes for 3 hours or until skewer is clean.
- 05** Cool the cakes, brush with a little left-over sherry or juice. Allow to cool, dust with icing sugar before serving.

Leone's Yummy Trifle

Ingredients

85g packet of raspberry jelly
420g store bought sponge rolls
4 tbsp cranberry Juice
500g of strawberries,
raspberries and blueberries
480ml store bought custard
360ml whipped cream

Method

- 01** Make your raspberry jelly in advance according to the packet, Leave to set in the fridge.
- 02** Begin preparing your ingredients, chop fruit, roughly chop your sponge cake in ½ inch slices, chop jelly into cubes once set.
- 03** To assemble, line the bottom of the trifle bowl with ½ you sponge roll slices, press them on to side of bowl. Cover with cranberry juice.
- 04** Add one third of the berries and jelly and cover with 1 cup of custard.
- 05** Add another layer of all ingredients and remaining cake.
- 06** Pour over remaining custard and add whipped cream to the top.
- 07** Decorate with some remaining fruits and anything of choice.
- 08** Best refrigerated overnight. Enjoy.

Spags' Family Favourite Vanilla Cake

Ingredients

Cake

125g chopped butter
¾ cup of cater sugar
1 tsp vanilla
2 cups of self raising flour
2 eggs
⅔ cup of milk

Icing

1½ cup icing sugar
1 tbsp water
1 teaspoon of vanilla
50g soft butter

Method

- 01** Preheat the oven to 180C. Lightly grease 20cm round cake pan, line base with baking paper.
- 02** Beat the butter, sugar and vanilla together in a large bowl using a electric mixer.
- 03** Add Eggs, one at a time, beating well after each addition.
- 04** Lightly fold in the flour, spoon mixture into pan and bake for 40 - 45 minutes or until cooked.
- 05** Make vanilla icing, sift icing sugar into the bowl, add butter water and vanilla. Beat well and decorated cooled cake.



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