

Cinnamon Teacake

Ingredients:

1 egg

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

1 tablespoon

melted butter

or substitute

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

$\frac{1}{2}$ teaspoon vanilla

1 cup S.R. Flour

Little extra

melted butter

Topping Mix together 1 teaspoon each of ground cinnamon, sugar and coconut.

Method. Separate egg. Beat egg white until stiff. Add egg yolk and sugar, beat well. Stir in milk and vanilla gradually. Fold in sifted flour and melted butter. Turn mixture into greased 7" sandwich tin. Bake in moderate oven (350°) 30 to 35 minutes. Turn out onto cake cooler while still hot, brush with little extra melted butter. Sprinkle topping mixture

Ginger Fluff

Ingredients:

4 eggs $\frac{3}{4}$ cup sugar
1 dessertspoon Golden Syrup
 $\frac{1}{2}$ cup arrowroot
1 teaspoon cinnamon
1 " ginger
1 " cocoa

$\frac{1}{2}$ dessertspoon plain flour
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon bi-carb soda

Beat eggs & sugar until creamy, add Golden Syrup, add (arrowroot, cinnamon ginger & cocoa), then add (plain flour, cream of tartar and bicarb soda).

Bake in 8" sandwich tin
in moderate oven (375°F)
for about 15 minutes.

Sponge

Ingredients:

$\frac{3}{4}$ cup sugar $\frac{1}{2}$ teas. carb.-soda
1 cup plain flour $\frac{1}{2}$ cup milk
teas. cream of tartar 4 eggs. ~~1 des'sp. of butter~~
pinch of salt. Vanilla

Method: Beat eggs, sugar
and pinch of salt well.

Add flour, sifted with cream
of tartar, and fold in well.

Add vanilla, and lastly
boiling milk in which cream
of carb soda and butter
have been dissolved.

Bake for about 20 minutes
in fairly hot oven (375°F)

If cream of tartar cannot be
had, use S.R.Fl. instead of plain
flour, and boil 1 des'sp. of butter,
3 tablespoons of milk & 1 tablespoons
of water.

Basic Butter Cake Mixture

Ingredients

- $\frac{1}{2}$ lb margarine or butter
- 2 cups sugar (caster, if possible)
- 3 cups S.R. Flour
- 4 eggs Flavouring
- $\frac{1}{2}$ cup cold milk

Method: Cream butter & sugar, beat in eggs one at a time. Sift in flour and add milk - give a good mixing by hand. This amount makes 48 small cakes or 24 small cakes and one big cake.

Bake in moderate oven.
20 min - $\frac{1}{2}$ hr.

Chocolate Cake

Ingredients: Sift into bowl

$1\frac{3}{4}$ cups S.R.Fl.

$1\frac{1}{4}$ cups sugar

$\frac{1}{2}$ teasp. carb.-soda

$\frac{1}{4}$ teasp. salt

$\frac{1}{3}$ cup cocoa

1 teasp. vanilla, 1 cup milk

$\frac{1}{2}$ cup butter or margarine melted

2 eggs

Method: Put dry ingredients together, add vanilla, add milk, and beat; ^{add melted butter} then eggs.

Bake in moderate oven 20-25 min.

Icing: $\frac{1}{2}$ lb icing sugar,

1 des.sp. Ideal milk, 2 oz cocoa

or chocolate, 3 tablespoons

boiling water. (Sprinkle cake with flour before icing).

Banana Cake

Ingredients:

$\frac{1}{2}$ lb butter or marg.	12 oz. castor sugar
5 or 6 bananas	$\frac{1}{2}$ teas. carb-soda
4 tablespoons milk	1 lb S.R. Flour
4 eggs	

Method:

Cream butter & sugar,
add eggs one at a time.
Add mashed bananas, then
carb-soda dissolved in milk
and finally flour.
Bake in slow oven about $\frac{3}{4}$ hr.

Butterscotch Cake

Ingredients:

1 cup brown sugar 4 oz butter
2 eggs pinch salt
1 tablespoon golden syrup
1 1/2 cups S.R. Flour 1/2 cup milk
2 teasp. cinnamon

Method: Cream butter & sugar, add egg yolks separately, stir in syrup & milk, then sifted flour and cinnamon. Whisk egg whites and fold in. Bake in moderate oven about 45 min.

Caramel Icing:

2 oz butter, 1/3 cup milk.

2 cups brown sugar.

Place all in saucepan, heat until boiling, stirring frequently; boil five minutes without stirring.

Beat until thick enough to spread. Cover cake quickly. (Vanilla may be added when beating)

Apple Cake

Rub 2 oz butter into
#16 S.R.F. Beat $\frac{1}{2}$ tablesp.
sugar, 1 egg, 2 tablesp.
milk and add it to
flour and butter. Roll
half it and put hot
apples on top, then put
second layer on top.

Icing Icing sugar, passionfruit
and burnt coconut. (wait
till the cake is very cold)

Mixture for Lamingtons, Coffee Cake etc

1 cup Butter $1\frac{1}{2}$ cup castor sugar
4 eggs 3 cups S.R. Flour
1 cup milk vanilla

Method Cream butter and sugar. Add beaten eggs. Add flour, vanilla, then milk.

Oatmeal Cookies

$\frac{1}{4}$ lb melted butter $\frac{1}{2}$ cup sugar
2 cups rolled oats pinch salt
 $\frac{1}{2}$ cup S.R. Flour 2 tablesp. ^{Golden} Syrup

Pour melted butter + syrup on dry ingredients. Press down with fork a little less than $\frac{1}{2}$ " thick. Bake in slow oven till golden brown. Cut while hot.

Shortbread Rings

3 oz. (6 level tab. sp) sugar
1 egg $\frac{1}{2}$ teasp. vanilla
5 oz. (1 $\frac{1}{4}$ cups) S. R. Flour
 $\frac{1}{2}$ cup cornflour
 $\frac{1}{2}$ teaspoon salt
3 oz copha

Place sugar, egg,
vanilla and half the
sifted flour & cornflour
and salt into basin.

Melt copha over gentle heat;
it should only be lukewarm.
Pour onto ingredients and
beat for two minutes.

Add remaining flour and
mix to a dry dough. Knead
lightly on a floured board
and roll out $\frac{1}{8}$ " thick. Cut out
and place on greased slides;
bake in moderate oven
10-15 minutes.

Pavlovas

Beat 4 egg whites
pinch salt, few drops
lemon juice, $\frac{1}{2}$ teaspoon
cream of tartar. Add
 $1\frac{1}{4}$ cups castor sugar.
Cook in very slow oven
for about 3 hrs.
Fill with fruit salad
and ice-cream.

Marshmallows

2 cups sugar
 $1\frac{1}{2}$ cups boiling water
1 tablespoon gelatine
Vanilla

Boil all together, then
cool, then beat.

Custard Cake

Cake: 4 oz shortening
2 tablespoons sugar
1 egg $\frac{3}{4}$ cup S.R. Flour
 $\frac{1}{4}$ cup custard powder

Method Beat butter and sugar, then add egg, flour and custard powder.

Filling 1 $\frac{1}{2}$ dessertsp. margarine
1 tablesp. sugar $\frac{1}{2}$ pint milk
1 tablesp. custard powder

Method Melt margarine; add sugar and custard powder; gradually add milk. Place cake in round cake tin. Spread cool custard on top. Then cover the remaining mixture. Cook in moderate oven.

Fresh Lemon Loaf

4 oz butter or substitute

1 cup castor sugar

2 eggs $\frac{1}{2}$ cup milk

$\frac{1}{2}$ cups S.R. Flour $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup chopped nuts

rind & juice of 1 large lemon

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

Method Cream butter and sugar. Add eggs one at a time, beating well. Sift in flour and salt alternating with milk. Add nuts and lemon rind. Pour into greased 8" x 4" loaf tin and bake in moderate oven 40-45 mins.

Mix lemon juice and sugar. Stir occasionally to melt sugar. Pour lemon juice mixture over cooked cake while still hot. Leave cake in pan to cool.

Cream Puffs & Eclairs

Ingredients 2½ oz butter
pint water 4 oz plain flour
3 eggs 1 dessertsp. sugar

Method: Put butter, water, sugar in saucepan, bring to boil. Add flour, beat in vigorously. Turn down heat, cook batter thoroughly, stirring to prevent scorching on bottom, till mixture can be lifted out in one mass and doesn't stick to sides or bottom of pan. Remove to mixing bowl, break up to allow steam to escape, then add eggs one at a time, mixing each one in well.

Cream Puffs. Pipe out with ½ in tube or spoon into small round bulbs, on to lightly greased trays,

Cream Puffs & Eclairs (cont'd)

leaving plenty of space between as they expand considerably. Cover with fruit cake tin or baking dish. Bake in a hot oven ^{450°} 425°F 15 minutes, reduce to mod. heat 375°F 15 min. Don't remove tin until cooking time is up or they will collapse.

Eclairs: Pipe out pastry in 3 in lengths on to lightly greased tray with forcing bag fitted with 1/2 in tube. Bake at 425°F for 15 min, then at 375° for further 10 min. Remove from trays while still hot. Cool on cake cooler.

Fill preferably just before eating, otherwise they become soggy.

Toffee Glaze for Puffs.

Dissolve $\frac{1}{2}$ cup sugar in
4 cup water. Bring to boil.
Cook till golden colour.
Wait till bubbles disappear
before spooning over top of
filled cream puffs; top
immediately with crushed
nuts.

OK



SL Grilled Bell pepper,
Eggplant, Zucchini,
Black olives, Spanish onion
with a herbed tomato sauce
served in a pastry case

Shortbread Pastry

Ingredients: 2 tab'sp sugar
yolks of 1 egg pinch salt
3 heaped tab'sp S. R. Fl. vanilla
3 " " " "

Method: Cream butter
and sugar. Add yolks
of egg. Add dry
ingredients. Press down
onto tray - never roll.

Pancakes

(Makes
3 pancakes)

Ingredients: 4 oz flour,
1 teaspoon baking powder, 1 egg,
pinch salt, 1 tablespoon sugar,
1 to 1 $\frac{1}{4}$ cups milk, butter for cooking.

Method: Sift flour, baking powder and salt, and add the sugar. Drop unbeaten egg into a well in the centre of dry ingredients, add a little milk and stir until a smooth batter is formed. Add balance of milk, mix well, and allow to stand for half an hour. Melt a little butter in a frying pan, allow to brown, and wipe pan with some kitchen paper. Melt 1 dessertsp. butter in pan and pour in sufficient batter to barely cover the base of the pan. Cook at moderate heat loosening edges with knife. Turn over. Sprinkle with lemon juice + sugar or roll up ready to serve.

Pufflatoons

Ingredients: $\frac{1}{2}$ lb. S.A. Flour, pinch salt,
1 tablespoon sugar, 1 teaspoon grated
orange or lemon rind, $\frac{3}{4}$ cup milk
fat for frying, golden syrup.

Method: Sift flour and salt,
and add the rind and sugar.
Mix to a soft dough with milk
and turn on to floured board.
Knead lightly and press or
roll to $\frac{1}{2}$ in thickness. Cut with
floured cutter, and fry gently in
a small quantity of hot fat in
a shallow frying pan turning
carefully when browned on
one side. Cook for 3-4 min. on
each side. Drain on clean
kitchen paper, and serve piping
hot with golden syrup.
(Rind can be omitted)

Orange Cake

Ingredients

4 eggs (medium size) Pinch salt
Use equal weight to the eggs
of sugar, butter and fl. flour.
1 level teaspoon of baking
powder.

Juice of 1 ordinary sized ^(orange)
(mind if you wish)

Method Cream butter.

Add sugar & cream well
into butter. Add juice of
orange. Then eggs, one at
a time. Lastly, add dry
ingredients sifted well.

Cook at 400° for 1st half
hour, then reduce to
350° for next half hour.

This may vary slightly in
time.

Orange Cake

Gwendolyn Reape

7 oz. ($1\frac{3}{4}$ cups) S.R.F. 3 eggs
4 oz. sugar grated rind 1 orange
6 oz. butter $\frac{1}{2}$ cup orange juice

Sift flour; cream butter and sugar. Add beaten eggs gradually. Fold in sifted flour alternately with rind and juice. Place in 9 x 9 lamington tin. Bake in a moderate oven 25-30 minutes.

Caramel Slices

- 1 cup plain flour
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup dessicated coconut
- 125 g (4oz) butter or marg.
- 60g. (2oz) " " "
- 2 tablespoons golden syrup
- 1 tin condensed milk
- 125 g. (4oz) cooking chocolate
- 60g. (2oz) copha.

- 1 Sift flour, mix in sugar and coconut and then stir in the melted butter. Press into a well greased 28 x 18 cm. tin. Bake in moderate oven 25-30 min.
- 2 Meanwhile, melt remaining butter over low heat in small saucepan, stir in syrup and condensed milk. Pour over the cooked base, return to oven and cook another 20 mins. Put aside until cool.

Caramel Slices (cont'd)

3 Chop chocolate and copha roughly, stir over simmering water until melted and combined. Spread over the topping and chill, marking into slices while still setting.

Mock Cream

21 tablespoons butter
1 $\frac{3}{4}$ to 2 cups sifted icing sugar
1 or 2 tablespoons milk
flavouring (lemon, orange or vanilla).

Sausage Rolls

Thin puff pastry.

1 $\frac{1}{2}$ kg sausage mince

Put mince in bowl. Add
chopped parsley (2 tablespoons)
Mix 2 tablespoons of mustard
and add about 1 teaspoon
of pepper and salt.

Taste to see if it is good.
Cook at 425° , 15-20 min.

Sweet Pastry. Serves 6

Make 2 medium sized trays

Ingredients: 2 cups ^{SR.} flour
2 tablespoons margarine
2 tablespoons sugar
2 eggs Pinch of salt
a little salt

Method: Mix flour
and sugar with marg.
Add beaten egg
(Very nice made as apple
slice).

For meat pastry omit
sugar and egg.

Brown Pudding

Serve 6.

Ingredients: $\frac{1}{4}$ lb butter
2 ozs. sugar. Pinch of Salt
2 eggs. Jam.
2 tablesp. marmalade or other
 $\frac{1}{3}$ teasp. carb.-soda in $\frac{1}{4}$ cup
 $\frac{1}{4}$ lb. S.R. Flour. $\frac{1}{2}$ cup milk

Method: Cream butter and sugar. Add beaten yolks. Add $\frac{1}{2}$ of the flour and beat well. Add jam. Add other $\frac{1}{2}$ of flour. Add soda. Add stiffly beaten whites of eggs. Steam for 1 $\frac{1}{2}$ - 2 hours.

Delicious Lemon Pudding

Serve 6

2 level tablesp. butter or marg.

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

4 level tablesp. S.R. Flour
Grated rind & juice of
large lemon.

2 eggs

1 cup milk

Method: Cream butter &
sugar. Add sifted
flour ^{half at a time}. Add grated rind
and juice of lemon.

Separate yolks & white of eggs

Beat yolks with the milk,
then add slowly to mixture
stirring well. Beat egg

whites stiffly, fold in mixture.

Place in greased pie dish and

7 Place pie dish in another dish of water.
Oven 350° for about 1 hr.

Mock Cream

Ingredients. $\frac{1}{2}$ pint milk
1 level tables. sugar. 6 dr. vanilla
1 " " butter 1 white
1 " " cornflour of egg.

Method: Blend c. flour with some of milk. Put remainder on to boil with the sugar. When boiling thicken with the c. flour, stir well & cook for 3 min. Allow to cool a little. Stir butter in & add essence. Allow to become quite cold. Beat white of egg to stiff froth over hot water. Stir lightly into mixture.

Rice Custard

Serve 12.

Ingredients Cups of Rice
1½ Cups sugar
2 Eggs Vanilla fl.
4½ Cups milk.

Method: Boil rice in small quantity of water for about 20 min. Place in bottom of dishes.

Dissolve sugar in some of milk by heating, then join to rest of m. Add vanilla to milk. Beat eggs briskly then pour into centre of dish. Add milk and stir. Sprinkle with nutmeg.

1½ - 2 hrs.

