

Thanksgiving dinner

This week you might like to have an old-fashioned American Thanksgiving dinner. Thanksgiving (the traditional American harvest festival) is on November 26.

Wild turkey is available in America but I have used a domestic bird.

The correct stuffing calls for corn bread (made from corn meal) but I have substituted white bread-crumbs.

Serve the turkey with roast or mashed potatoes, spiced pumpkin and creamed onions and peas.

Serve a classic American dessert like pumpkin pie, or apple pie with vanilla ice cream.

ROAST TURKEY

- 1 4.5 to 5.5kg turkey
- 1 teaspoon salt
- Freshly ground black pepper.
- 170g melted butter
- 55 to 85g chopped onions
- Gravy
- 3 tablespoon flour
- 300mls water or chicken stock
- 150mls cream
- white pepper
- salt

Dining in by Fionna Hill



- Stuffing
- 140g butter
- 225g finely chopped onion
- 450g sausage meat
- turkey liver
- 250g coarse breadcrumbs
- ½ teaspoon salt
- freshly ground black pepper
- 2 teaspoons chopped thyme
- 2 tablespoons chopped parsley
- 4 tablespoons madeira or sherry
- 4 tablespoons cream

Stuffing: Melt 110g of the butter in a large frying pan, add the onions and cook for 6 to 8 minutes until they colour lightly. Put onion into a large mixing bowl.

Add sausage meat to the pan over a medium heat and brown lightly breaking up the meat with a fork as it cooks.

Remove meat from pan

and drain fat off either through a sieve or on absorbent paper.

In the same pan melt remaining butter and add the turkey liver. Brown it over high heat for 2 to 3 minutes, then chop it and combine with the onions.

Add the sausage meat, breadcrumbs, salt, pepper, and herbs.

Mix together, then add madeira or sherry and cream.

Turkey: Dry the turkey inside and out with paper towels. Rub inside of bird with salt and pepper, and fill the body and breast cavities loosely with the stuffing.

Close the openings with skewers or thread. Truss the bird securely.

Preheat the oven to 180deg C.

Brush the outside of the

bird with 55g of the melted butter and sprinkle with salt. Place the bird on a rack in a shallow roasting tin and put the onions in the bottom of the tin.

Roast the turkey uncovered in the middle of the oven for about 2¼ hours, basting it every 15 minutes with the rest of the melted butter and with the juices from the pan.

Test by piercing the thigh with the tip of a sharp knife. The juice should be clear yellow; if it is slightly pink, return to the oven for 5 or 10 minutes more. Transfer to a heated dish and let it stand for 10 minutes before carving.

Gravy: Pour off most of the fat from the roasting pan, heat the remainder and stir in the flour. Add the water or stock. Bring to the boil over a high heat, stirring constantly. When the sauce is thick add the cream.

CRANBERRY AND ORANGE SAUCE

- 1 tin cranberry sauce
- 8 tablespoons orange juice
- 2 tablespoons finely grated orange rind

Gently heat the content of the tin after adding orange rind and juice.

Chill before serving.

SPICED PUMPKIN

Arrange large peeled chunks of pumpkin in a shallow oven dish. Make a spiced butter mixture with 115g melted butter, 150mls maple syrup, 85g brown sugar, 1 teaspoon cinnamon, ½ teaspoon ground nutmeg and ¼ teaspoon ground cloves. Pour over the pumpkin and add enough boiling water to bring the liquid level up to 25mms. Bake at 180deg C for about 30mins.

CREAMED ONIONS AND PEAS

Peel 12 to 15 pickling size onions. Boil for about 20min in salted water. Drain and reserve liquid. Melt 30g butter, stir in 2 tablespoons flour, add 225mls of the onion liquid, stir and add 225mls of milk and 150mls of cream.

Stir until sauce is smooth and cooked. Season with salt, white pepper and ground nutmeg. Add 450g frozen peas and the onions. Simmer for 5 minutes.

Savoury Meat Cakes.

3 oz. Butter. 2 cups S.R. Flour
3/4 cup Milk Salt & Pepper.

1/2 cup minced cold ^{meat} ~~meat~~, Salt & Pepper
1 dessertsp. Onion 1 tbsp. Worce. Sauce
" Tom. Sauce 1 " Soya "

1 cup thick brown gravy.

brown butter, add flour, seasoning & crumble. Add milk & mix to soft dough. Roll 1/2" thick. Cut 4-3" rounds.

cook in bl. fry-pan (greased) 3-4 mins on each side or in "stone" oven. Split & fill with meat mixture which has been heated in saucepan. Serve.

Savoury Fingers.

Stale bread 1/2 cup Milk
1 tablesp. Tomato Sauce Butter
Grated Cheese.

Cut bread into fingers about 3" long x 1" wide.
Mix sauce & milk in saucepan.

In small baking dish heat some butter in oven until bubbling. Dip bread fingers in milk, moistening both sides. Lift into hot butter & bake at 425° about 8 mins. then sprinkle w cheese & bake 20-30 mins longer. Turn during cooking. Serve hot or cold.

Nendaloo Curry.

2 lbs. Steak $\frac{1}{4}$ cup Vinegar Seasoning
 $\frac{1}{4}$ cup Tomato pulp or puree 1 cup water
2 dessertsp. Brown Sugar 1 dessertsp. Curry
 $\frac{1}{4}$ tsp. grd. cloves $\frac{3}{4}$ cup Sultanas
1 Chopped Onion 1 sliced Apple
Brown meat & onions, add other ingredients
& simmer about 2 hrs.

Hawaiian Pork.

6 Pork chops, strips or pieces.
15 oz. can Pineapple 2 oz. Brown Sugar.
10 " Tomato pulp or puree 1 tablesp. Flour
3 sticks, grated celery Roseley, salt etc.
Put meat in small pieces. Place
in ungreased dish (asis) & bake 30-40 mins (475°).
Drain & place in casserole. Reduce oven to 400°.
Dip pineapple in brown sugar & place
on top of pork.
Make gravy of flour, juices, celery and
seasonings. Put out chops & cook
further 15 mins.

Batter (Fish).

$\frac{1}{2}$ cup flour mixed w water, salt & pinch soda.

Fried Fish

Cut & wash fish. Place in bag & coat with flour then coat with following:

2 tablesp. salt
1/2 " Curry Powder
1/4 " Paprika

} mixed with 2 tablesp. water & 1 egg.

Coat with bread crumbs & fry.

Serve with following dressing:

1/2 cup mayonnaise
2 tablesp. Ketchup
2 " chopped onion or chives
2 " Pickle or Sherkens.

Saveloy Casserole

Saveloys

Can of spaghetti

Grated cheese

Crushed potato chips

Chop up saveloys and put into a casserole dish.

Empty a can of spaghetti in tomato sauce on top.

Cover with a layer of grated cheese followed by a layer of crushed chips.

Heat in a moderate oven until warmed through.

Potato Cheese Pakes.

2 lbs. Potatoes

3 cups finely chopped onion

1 " fasty grated cheese

1/4 tablesp. dry mustard

Cooking Fat

1 oz. Butter

1/4 cup Flour

1 tablesp. Salt

1/8 " Pepper

Flour

Book & mash potatoes. Fry onions in butter till soft (not brown). Blend onion & butter into potatoes with cheese, flour, salt, pepper & mustard. Turn mixture onto board, shape into roll about 3" diameter. Chill thoroughly. Cut into 10 even-sized pieces. Dust all over with flour. Cook till both sides golden brown. Lift out, drain & serve.

Tomato Mutton with Dumplings.

1 clove Garlic, 1 Onion, 1 Tablesp. Fat.
2 stalks celery, Salt, Pepper.
1 cup Tomato Pulp
1 " Water

Dumplings: 1 cup Flour, 1 oz. Butter.
2 Teasps. Bkg. Pat. Salt & Pepper
About $\frac{1}{3}$ cup milk.

fat cooked meat into cubes. Peel garlic & onion & chop finely. Heat fat in saucepan, saute onion & garlic till tender. Add sliced celery & meat. Mix in tomato pulp, water & seasoning. Bring to boil, then simmer. Drop in small dumplings & boil 20 mins.

Pizza Buns.

4 Round Hamburger Buns, 1 lbs. Butter.
2 Med. Onions, finely sliced, 4oz. grated tasty cheese.
4 " Sliced Tomatoes, 3 Bacon rashers (cut in pieces)

Slice buns & scoop out some of bread to make a depression $\frac{1}{4}$ " - $\frac{1}{2}$ " deep. Fry onion in butter till tender. Fill bread cases with onions. Arrange tomatoes on onions, sprinkle with grated cheese & top with bacon.

Bake in oven (mod), & serve hot or cold.

Savory Mince Crumble

1 oz. Butter

1 Onion

1 lb. Beef Mince

1 Carrot

1/4 Cup Beef Stock

Salt & Peppr.

Crumble:

1/2 Cup Flour

1/4 Teaspr. Salt

3/4 " Grated Cheese. 1/8 " Cayenne

3 oz. Butter

Melt butter & fry chopped onion & grated ~~onion~~ carrot. Add mince & fry till all goodness gone. Stir in stock, add seasoning & simmer gently 20 mins.

Mix flour with water & add to pan.

Turn meat mixture into 6-cup dish.

To make crumble, sift flour, salt & cayenne, cut in butter until resembles bread crumbs. Stir in cheese.

Sprinkle crumble over meat.

Bake in 190°C (375°F) oven 30 minutes.

N. 3. Mince Pie.

Cook 1 lb. mince, 1 onion, 1 teaspr. sugar, salt & peppr.

Simmer 1 hr., thicken & pour into dish.

Mix 1 breakfast cup flour, 2 teaspr. pkg. ps., salt.

Rub in 3 tablesps. good dripping. Mix & milk.

Drop in spoonful over mince.

Bake 20 mins.

Mock Goose.

1 lb. Sausage Meat 3 Onions
1 " Beef Mince. 2 Eggs
2 cups Breadcrumbs. Salt.
Parsley. Pepper.

Soak crumbs in cold water. When soft, squeeze dry & mix with eggs, meat, onions etc. Shape into roll, roll in breadcrumbs & bake in greased tin 2 1/2 hrs.

Stuffed Steaks.

Stuff 1/2 lb. pocket steak with 1/2 lb. sausage meat which has been mixed with salt, pepper, 1 tsp. mixed herbs & 1/2 cup fresh breadcrumbs.

Sew up opening, place steak on foil, sprinkle pkt. onion soup over meat & dot with butter.

Fold over foil, parcel up with string.
Cook slowly 2-3 hours.

Pussies

Mix to batter: -

1 Egg 2 tablespoons Flour
1/2 cup Milk Salt & Pepper.

Steak in any minced meat, form into patties & fry.

QUICK TASTY SHEPHERDS PIE TOPPING

Cut the crusts from sliced bread, cover the meat using bread. Then cover bread with slices of cheese or grated cheese. Grill or bake in oven until cheese bubbles.

The other method is to split the *forequarter* down a natural seam between the knuckle and breast bone producing a neck and breast (6C) and a shoulder (6D). The neck and breast is best used for an Irish stew and the shoulder for roasting.

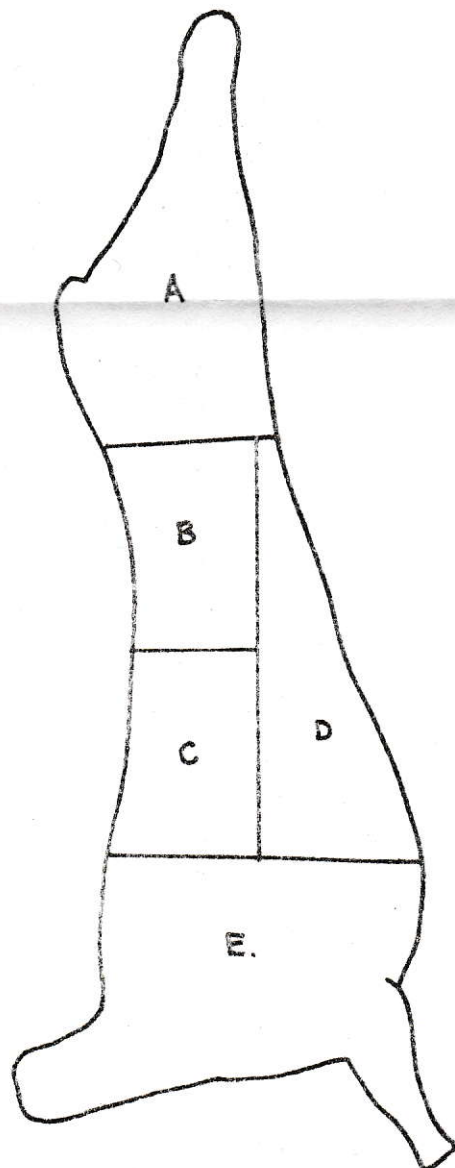
The *forequarter* can be boned and rolled, also stuffing may be used for a different flavour (6C).

Many different types of chops can be cut from the forequarter. They are *Spanish neck chops* and *shoulder chops* (7) for stewing and braising but lamb Spanish neck chops are very popular for Bar-B-Qs.

Forequarter cutlets (7A) look a little like leg chops and can be fried or braised.

Neck chops (7B) are a stewing or braising chop sometimes wrongly called haricot chops.

8. The *knuckle* is quite often a cut that is not utilised to its fullest, ideal for soups, stews, casseroles and can also be roasted.



- A. Leg
- B. Middle-Loin
- C. Rib-Loin
- D. Flap
- E. Forequarter

Potato cakes.

2 cups Mashed Potato. $\frac{1}{2}$ tsp. Bkg. Pst.
1 " Flour Salt.
1 Small Egg & milk.

Mix potatoes, flour & mixing & moisten with
beaten egg & milk. Roll thinly, cut into shapes &
cook slowly on greased hot plate. Butter & serve hot.

Left over Meat & Potato.

Mix a little flour & any mashed potato, add a
little grated onion, pepper, salt & 1 egg.
Roll as pastry, cover & minced meat. Fold over
& roll again. Put into shapes & fry in hot fat.

Yorkshire Puffs.

Beat 1 egg & add 1 cup flour; stir in $\frac{1}{2}$ cup milk
flour, $\frac{1}{4}$ tsp. bkg. pst., & salt. Beat well.
Put mixture into dish, dessert spoonful at a
time. Cook 20 mins.

Brush both sides thinly cut bread &
melted butter, cut, press into patty tins &
bake in med. oven 30-40 mins.

Fill & savory filling & serve hot or cold.

Salmon Shape.

1 tin Salmon (2 lbs) 1 dessertsp. Worcester Sauce,
3/4 cup Breadcrumbs salt & pepper.
2 dessertsp. melted Butter.

Remove bones, mash salmon, mix in
sauce, crumbs, seasoning & butter.
Press into mould.

Sardine Pizzai.

Base: 2 cups Flour 3/4 cup Milk
4 teasp. Bkg. Pdr. 1/2 teasp. Salt
1 oz. Butter 1/2 " Mustard.

Drop Stew.

1 1/2 lb. Blade Steaks 1 teasp. Salt
1/4 cup Flour 1 " Mustard
1/2 lb. carrots 1/4 " Pepper
1/2 " Parsnips 1 Onion.

cut steaks in 1" cubes.

combine flour, salt, mustard & pepper.

Add meat & coat. Place in large pudding
basin. Add vegetables and :-

cover basin tightly & place in large pan
boiling water & cover & lid.

Steam 2 1/2 hours or longer.

Meat Balls.

1 lb. Mince 1 egg 1/2 tsp. Bkg. Pst.
1 Cup Breadcrumbs. 1/2 tsp. Salt
1 Onion - Chopped 1/2 " Dry Mustard
1 Tablesp. Worcesters Sauce. Peppet. Grated apple.

Mix all ingredients, then wet hands under cold water & make mixture into balls.

Place in lightly greased casserole & bake 30-35 min.

Sweet - Sour Pork.

1 lb. lean Pork (cubed). 2 tablesp. Vinegar
2 tablesp. Shortening. 1 " Cornflour
2 Med. Onions 1 " Soya Beans Sauce
1 Green Peppet. 1 tsp. salt.
8 oz. tin crushed Pineapple

Heat shortening in pan & brown pork. Cut onion in quarters & peppet in strips. Saute till tender & pork, then add pineapple, vinegar, soya & salt. Mix cornflour & water & stir into pork mixture. Bring to boil & simmer (or cook in covered oven dish) 1 hour.

Serve & eat.

BATTER SUPREME (Crunchy)

2 tbsp flour
1 tbsp milk

1 egg

Separate egg, mix yolk, flour and milk to paste. Beat white till stiff, fold in yolk etc. use for fish, corn or slices of cold meat. Serves four.

Rat's Meat Pudding.

Required amount mince or steaks cut in small pieces. Season well, add onions & tomatoes in season. Bacon optional. Place in pudding basin, cover & water. Wash 1 cup rice — pound on top of meat & boil like ordinary pudding about 3 hrs.

Stumpy Dumpty.

3 lbs bread & butter & salt crusts.

3 Eggs

2 Tablesp. Milk

2 oz. Cheese.

2 oz. lean Ham or Bacon.

Put bread in triangles, line base of dish & stand, butter sides inward, round edge. Beat eggs & milk, add cheese & bacon. Pour into dish.

Bake about 1/2 hour — 350°

Stuffing (D. Benfells).

Week old loaf — cut off crusts & grate or finely crumble required amount crumbs. Finely cut or mince small onions & 1 rasher lean bacon. Dried herbs, salt & pepper to taste. Mix all together & bind & beaten egg. No other moisture.

French Omelet.

2 Eggs

1 tablesp. Milk or water

2 teasp. Butter

Salt & pepper.

Break eggs in bowl, add seasoning & liquid.
Beat eggs with fork just enough to break up
yolk & white.

Heat butter in clean pan till sizzling, but not colored.
Pour in eggs & slightly stir through top with fork.
As eggs start to set draw edge of omelet in little
with spatula & allow liquid to run to outside.
Continue thus till all runny egg used up. Top
should be quite wet, but not dry.

cooking time about 3 minutes.

If desired, flavors = Cheese, tomatoes, parsley,
ham, mushrooms placed across middle of omelet
as cooking is finished.

Savory Meat Cakes.

1 cup minced cooked meat

1 Egg

1 tablesp. Chicken Stock Powder

Flour

1 cup Mashed Potatoes

Oil or butter.

Mix meat, stock, potato & egg together
to form smooth even mixture.

Shape into flat patties. Dust lightly
with flour & fry till golden brown on each side.

1/2 teasp. Bkg. Pst. improves meat cakes.

Crusted loaf.

1 Egg
1 1/2 lb. Mince
1 Tablesp. Tom. Sauce
2 " Chopped Parsley.
1 Cup fresh breadcrumbs.
1 lb. cooked & mashed Potatoes.

1 teas. Salt.
Pepper 1/2 teas. Bkg Pds.
1 teas. Mustard.
1 Chopped Onion
1/2 Cup Grated carrot

Beat egg, add salt, pepper, crumbs, sauce & onion. Mix in mince, carrot & parsley. Pack into dish & cover & foil or greaseproof paper.

Bake 1 hr. Oven 400°.

Drain fat away, turn upside-down on plate & cover & potatoes mixed & mustard. Brown in oven.

Serve & tomatoes, cheese, mushrooms etc.

Rice for Curry etc.

1 cup Rice
1 1/2 cup Water.
Wash rice several times. Bring to boil without lid, then on very low heat, steam & lid on, 20 minutes.

ONIONS: Soak onions (sliced) in milk before frying. Delicious golden brown.

Pork Chow Mein.

1/2 lb. Pork Pieces.

1/2 tsp. Salt.

1/4 cup celery

1/4 " green Beans - Peas

cabbage

1 oz. cold water.

cooked rice.

1 1/2 tablesp. oil.

1 sm. Onion

1/2 cup chicken stock

1 Tablesp. cornflour.

1/2 " soya sauce

3/4 cup raw rice.

Brown meat in hot oil, add salt, onion & celery & cook 2 mins. Add beans, peas, stock. Simmer 5 mins. Mix offflour, sauce, water & add. Stir till thickens.

Bacon Savoury.

1/2 lb. Bacon

2 Eggs.

Onions, Leeks,

Peas, Beans.

Fry onions in oil till soft & put aside. Fry other vegs & add to onion. Fry bacon. Heat cooked rice & beaten eggs in pan. Mix all to-gether & sprinkle w/ 1 tablesp. soya sauce & water.

Toastie Puffs.

2 Eggs

1 pkt. Onion Soup

1/4 cups grated cheese

6 slices toast Bread.

Beat eggs, add soup & cheese. Spread on bread, bake at 230 12-15 minutes until brown & puffed. Cut in triangles to serve.

Hawaiian Steak.

1 lb. Stewing Steak	1 tablesp. Soy sauce sauce.
1/4 cup Pineapple Juice	1 " brown Sugar
1/4 " Water	1 " Flour
1/2 " Pineapple Pieces	1/2 tablesp. Salt
1/4 " Water	Pepper

Cut steak in large cubes. Mix ^{together} with
soya sauce, sugar & pineapple juice. Put over
steak in small containers, cover & leave to marinate
2 or 3 hours or over night.

Turn into saucepan, add first measure of
water, bring to boil, cover & simmer very gently
about 2 hrs. (till meat tender).

Add pineapple pieces.

Blend flour & second measure water,
stir into the saucepan & cook till sauce
thickens.

Serve w rice & a salad.

Yorkshire Pudding.

1 pt. Milk	4 eggs. Flour
2 Eggs	Salt / pepper.

Stir eggs & milk gradually into flour.
Pour into hot greased dish. 425°.
"High bake" - 20 min's.

YORKSHIRE PUDDING

½ cup flour
Pinch salt
1 egg
½ cup milk
¼ cup water
2 to 3 tablespoons fat or
dripping

Sift the flour and salt into a bowl.

Make a well in the centre and drop in the egg and some of the milk.

Mix to a smooth paste with a wooden spoon.

Gradually beat in the rest of the milk and the water.

Beat until smooth.

Cover and stand in a cool place for at least 1 hour.

Into an enamel pie dish or cake tin, pour 2 to 3 tablespoons fat or dripping from the roast.

Place in the oven at 220 degrees C, until it is very hot but not burning.

Remove from the oven.

Stir the batter and immediately pour into hot fat.

Return to the oven and cook at 220 degrees C, until well risen and browned — about 50 minutes.

The temperature may be lowered during the last 15 minutes of cooking if pudding is browning too much.

Serves 6.

Yorkshire Onions.



4 Onions

1 Egg

2 teasp. bhq. fat.

1/2 " salt.

1 " sugar.

Lyring fat.

1/2 cups milk

2 " flour

Little pepper

" nutmeg.

Peel onions & cut in rings.

Heat fat & brown onions slightly. Lift out & drain.

Beat egg & milk & stir in flour, rising & seasoning.

Beat well until evenly mixed. Add onions & tips into greased pie dish.

Bake at 230° C (450 F) 30-35 mins or till batter is risen & crisp.

Onion Chicken.

Shake chicken pieces in bag containing flour, pepper, salt & mixed herbs. Fry in oil till golden. Drain & place in casserole dish. Sprinkle generously with some onion soup mix (one packet for several servings). Dot with butter, cover tightly & cook at 350° for 30 to 40 mins. depending on size of chicken. Add small amount water to recipe & make chicken flavoured gravy to serve.



Beef or Venison Casserole.

2-3 Onions Sliced Meat
2-3 Celery Sticks Carrots
3-4 Potatoes

Pour over this following mixture —

1 des/spoon brown sugar

1 table/sp Winegar

1 " Tomato Sauce

1 des/spoon Worce. " .

4 " Flour

2 tsps. Mustard

1 Wineglass cooking wine

Salt & pepper. If necessary add
little water to barely cover meat & veges

Bake slowly 2½ hrs.

Baked Potato Dish.

1½-2 lbs. coarsely grated potatoes.

Add, grated onion, salt & pepper,

2 eggs, 2 table/sp. flour (S.R. or plain
with 1 teasp. Bkg. Pdr). Mix well.

Put into dish with heated fat & cook in
moderate oven approx. 40 mins.

Reheat if desired & serve with meat.

Liver & Bacon Casserole

1 Lamb's Fry

2 med. Onions

½ tin Pineapple pieces

3 Slices Bacon

1 oz. Rice

1 cup mixed Vegetables.

Cut fry into 1" cubes & bacon similar. Put in dish. Wash & add rice. Cut onions finely, halve p/apple pieces & add with vegetables to dish, cover with sauce & bake. 350° - 1½ - 2 hrs.

Sauce: - 2 tablesp. Flour, tomato sauce, vinegar & black sauce, 1 tablesp. sugar, 1 cup water.

CHICKEN DIABLE

¼ cup butter melted ½ cup honey
1 tsp curry powder 1 tsp salt
½ tsp mustard (mixed)

Mix all together. Pour over chicken pieces (as many as you want flat in dish). Bake uncovered at 375 deg F for about 1 hour, turning once and basting often. Delicious hot or cold.

GOLDEN SAUSAGES

1lb sausages
2 onions — sliced
seasoning

Sauce:
2 tablespoons flour
2 tablespoons vinegar
1 tablespoon worcester sauce
1 tablespoon sugar
1½ cups water

Boil and skin sausages and put in oven dish with onions. Mix together sauce ingredients and pour over sausages. Bake 2 hours in moderate oven.

Bread crust cubes

Grated cheese

Herbs

Melted butter

Mix well & bake at fry.

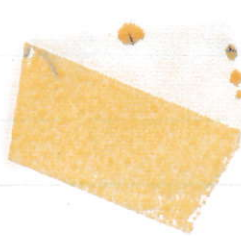
1 clove of garlic chopped
 6 mid loin chops
 1 tablespoon butter
 1 tablespoon flour
 1 medium onion
 125 gm (1/4 lb) mushrooms sliced
 150 ml (1/4 pint) cream
 300 ml (1/2 pint) milk
 Salt and pepper
 Pinch of cayenne pepper

Brown the chops in the hot butter, on both sides (5 minutes each side). Place in a casserole. Fry the garlic, onion and mushrooms in the pan. Add the flour and stir in.

Add the milk and cream and stir till thickened and smooth, season to taste and pour over the chops.

Cover the casserole and cook 200°C (400°F) for 15 minutes. Garnish with parsley and serve.

creamy mushroom Chops. Serves 6



SAUSAGE CASSEROLE

6 sausages
 grated apple
 Mix the following together:
 2 tbsp flour
 2 dsp sugar
 2 tbsp tomato sauce

grated carrot
 onion rings
 2 tspn curry powder
 2 cups water

Boil sausages then remove skins. Into casserole place sausages which have been cut in half lengthwise and then into pieces. Cover with grated carrot and apple and onion rings.

Pour over mixed ingredients and place lid on cook in oven at 350 degrees for 1 hour.

SWEET & SOUR MINCE

2 tbsp Cornflour
 2 tbsp Soy sauce
 750g Mince
 1/2 chopped onion
 Salt & Pepper

2 tbsp Tomat
 1/4 cup vinega
 10ozs mixed v
 10ozs crushed

Mix cornflour with tomato sauce, soy sa
 Combine rest of ingredients then stir in sauce. l
 Secure. Place in oven dish, cook 180°C, 350°F, for approx 1 1/2 hours.

SAVOURY POTATOES

Cold mashed potatoes (left overs) add 1 egg, 1/2 cup cheese, bacon and onion, pepper and salt and enough flour to make a firm mixture. Fry spoonfuls in hot fat. Nice served with steak, sausages, eggs or cold meat.

SALMON CASSEROLE

450g potatoes
 450g carrots

Cook together with pepper and salt.

Mash with a knob of butter and place in a greased casserole dish. Put in oven to keep warm while making the sauce.

100g butter
 100g flour
 1 tsp curry powder
 1 1/2 cups milk
 1 250g tin of salmon

Melt butter very slowly and gradually add flour and curry powder.

Stir in milk and salmon. Heat until thickened.

Pour over mashed potatoes and carrots.

Garnish with slices of hard boiled egg and parsley.

PORK FILLETS

Brown 1 1/2-2 lb diced fillet in oil, and add 2 sliced onions.

Sauce:

2 tbsp flour
 2 tbsp sherry
 1 med tin crushed pineapple
 1 tsp mustard

2 tbsp tomato sauce
 2 tbsp brown sugar
 1 tsp curry powder
 salt and pepper

Heat together and pour over pork and onions. Cook for 1 to 1 1/2 hours moderate oven. Serve with rice, mushrooms and celery optional.

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 6 mid loin chops
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 1 tablespoon flour
 1 medium onion
 125 gm (1/4 lb) mushrooms sliced
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Pour over mixed ingredients and place lid on casserole and cook in oven at 350 degrees for 1 hour.

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2 tblsp Cornflour
 2 tblsp Soy sauce
 750g Mince
 1/2 chopped onion
 Salt & Pepper

2 tblsp Tomato sauce
 1/4 cup vinegar
 10ozs mixed veges
 10ozs crushed Pineapple

Mix cornflour with tomato sauce, soy sauce and vinegar. Combine rest of ingredients then stir in sauce. Place in oven bag. Secure. Place in oven dish, cook 180°C, 350°F, for approx 1 1/2 hours.

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 1 med tin crushed pineapple
 1 tsp mustard

2 tbsp tomato sauce
 2 tbsp brown sugar
 1 tsp curry powder
 salt and pepper

Heat together and pour over pork and onions. Cook for 1 to 1 1/2 hours moderate oven. Serve with rice, mushrooms and celery optional.

Crispy Potato Fingers

750 g potatoes, peeled & cut up
1 egg fresh mint finely chopped
pepper & melted butter

Boil potatoes until tender.

Drain & mash. Add egg, mint & pepper. Pack the mixture firmly into a foil-lined loaf tin, smooth the top & refrigerate overnight.

Next day, remove the loaf from container & cut into fingers.

Brush fingers ^{all over} with melted butter & place on foil lined oven tray. Grill until golden brown, turning as required. Can have onion, chopped ham or bacon added.

start is with a chutney.

Fruit Chutney

1 kg fruit, eg apricots, peaches or peeled pears.
1 large onion
water
1/2 cup raisins
1/4 cup chopped crystallised ginger
2 1/2 cups brown sugar
1 clove garlic, crushed (opt)
1/4 teaspoon pepper
1/2 teaspoon salt
2 1/2 cups vinegar

Cook fruit and onion in a little water until tender. Sieve, mash or process. Combine all ingredients. Cook slowly, until thick and smooth, about one hour. Pour into clean, hot jars. Cover while hot with a cellophane jam cover. Store in a cool, dark cupboard. Serve with curry, stir fries, cold meat or with cheese in fresh or toasted sandwiches.

For full instructions and details of preserving the University of Otago offers two books, "Jams, Jellies, Pickles and Relishes" and "Preserving Food".

To purchase write to the FOCAS information service, University of Otago, PO Box 56, Dunedin. The cost is \$10.50 for both.

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Willems Pumpkin Soup

1 pumpkin
1 large onion
1 large potato
3 sticks of celery
1 tsp Marmite
2 tsp soya sauce
1 egg
1 glass of milk

Pepper/salt/curry/nutmeg to taste

Cook the vegetables until soft. Blend until smooth.

Add water if too thick. Add seasonings, egg and milk. Stir over heat until it reaches desired temperature.

Serves six.

Honey Glazed Chicken

4 chicken breasts

60-90g melted butter

Glaze:

4 tablesp honey

1/2 tablesp mustard

1 tablesp white vinegar

1/4 tablesp. worcester sauce

little soya sauce

Place chicken in buttered dish. Pour over melted butter.

Bake at 180c for 40 mins or till chicken tender. Drain

away excess butter. In pot heat all glaze ingredients

until smooth, pour over drained chicken.

Return chicken to oven & bake 20 mins longer, basting frequently till skin crisp & golden.

Place chicken in dish, pour

basting mixture over & around. Garnish with sliced onions.

over low heat until thickened and heated through. Season to taste with salt and pepper and mix in parsley.
Serves 6.

Steak and Kidney Pudding

The method of cooking in this recipe, known as a drip stew procedure, makes tender and succulent even the toughest cuts of meat.

500g skirt or cross-cut steak, fat removed, cubed

5 sheep kidneys, sinews removed, chopped into quarters

2 bay leaves

1 tsp dried mixed herbs

1 tsp salt

1/2 tsp pepper

1 tbsp oil

2 large onions, diced

1 1/2 small turnips, diced

1 tbsp dry sherry or port

2 tsp flour mixed to a paste with a little water

dumplings (recipe follows)

1. Place the cubed meat and kidneys in a pudding basin or metal bowl with herbs and seasonings.

2. Place the bowl inside a large pot containing about 4cm water. The basin must remain stable and must not float. Leave basin uncovered. Cover the pot with a tightly fitting lid and bring the water to a boil.

3. Reduce to a very low simmer and steam for 2 hours, adding more water to the pot as needed to prevent it drying out.

4. In a separate pan heat oil and saute the onions with the diced turnip until the onions are soft. Add sherry or port and stir to deglaze the pan.

5. Mix the vegetables into the cooked meat

TOPPING

1/2 c grated New Zealand Processed Cheese

2 slices bread (white or wholemeal)

1/4 c roughly chopped parsley

1. Cook pasta in boiling water for 7 minutes or until just tender. Drain and rinse under cold water.

2. Melt butter in a medium saucepan. Blend together onion soup mix and milk and add to melted butter. Stir over a gentle heat until sauce boils.

3. Add noodles, ham and first measure of cheese to sauce. Season to taste with pepper.

4. Spoon macaroni mixture into an oven-proof dish.

5. Place the topping ingredients in a food processor. Blend for 20 seconds.

6. Sprinkle over top of macaroni. Bake at 180°C for 15-20 minutes.

Serves 4

Dumplings:

Exact measurements are required for light, tender dumplings.

1 cup flour

1 tsp mixed herbs

1/2 tsp salt

2 tsp baking powder

1 cup plus 1 tbsp milk

2 tbsp chopped fresh parsley

1. Combine dry ingredients.

2. Add milk all at once and mix to a soft dough.

3. Drop spoonfuls into simmering stew mixture.

4. Cover tightly and cook for about 20 minutes.

An alternative to dumplings is a topping of flaky pastry. Tip pie mixture into a pie dish, allow to cool then cover with flaky pastry and bake at 190°C for 15-20 minutes until pastry is puffed and golden.

Serves 4.

MACARONI, CHEESE HAM BAKE

Prep time: 15 mins Cook time: 15-

2c dried macaroni 2T butter

1 pkt onion soup mix 500ml milk

3 slices (120g) ham, diced

1/2 c grated New Zealand Processed

pepper to season

Recipes for Success

BEEF AND NOODLE BAKE

2 packets Yeo's Noodles
2 slices bacon chopped
2 chopped onions
1 clove garlic
500g-750g minced beef
pepper
1 medium can soup
1 chopped green pepper
or 2 sticks chopped celery
1/2-1 cup grated Cloverlea cheese

NOTE: Choose noodle flavour and soup
to compliment

- * Cook noodles according to directions
- leave to stand
- * Cook bacon and onion, garlic, and
mince in hot pan until lightly brown
- * Add pepper, soup
- * Drain noodles. Layer noodles, pepper (celery) and meat in casserole
- * Sprinkle generously with cheese
- * Bake covered 180degC 30 minutes, then uncovered till lightly brown
- * Serve sprinkles with parsley - lovely with vegetables, salad, or fresh crustly Cheese Vienna.

