



## Canberra Alpine Club Cookbook



Canberra Alpine Club Inc.  
First Edition October 2014

## **Background**

This cookbook was initially prepared in 2009 as part of the Canberra Alpine Club's 75th anniversary celebrations.

The Club had intended to make it available in published form. Some years later, with easy access to electronic media for most members, the Committee is pleased to present the first edition free of charge in electronic form to members on the Club's website. Members are invited to use and share all or part of the book as they wish.

To continue the Club's interest in food, wine and social activities we envisage the Cookbook to be a living document. Members are further invited to contribute recipes and photos on an ongoing basis.

The text of the original Introduction written in 2009 by Angela Ivanovici, Cookbook Coordinator, is shown below.

Reflecting and acknowledging the origins of the recipes in the Cookbook, recipes are largely as provided by contributors and Imperial measurements kept as they occur.

## **Copies**

The cookbook is available electronically from the Club website: [www.cac.org.au](http://www.cac.org.au)

## **Acknowledgements**

We acknowledge and thank club members and families who have shared their recipes, traditions and photographs for this publication.

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## Canberra Alpine Club Cookbook

### Introduction and Short History

#### Angela Ivanovici, 2009

This cookbook is part of the Canberra Alpine Club's 75<sup>th</sup> birthday celebrations being held during 2009.

Formed on 31 July 1934, the Club now boasts 600 members, with lodges at Perisher and Jindabyne, and until the fires of 2003, at Mount Franklin. The Club has always encouraged and continues to support diverse snow and alpine activities - alpine and cross country skiing, club, interclub, interschool, regional and national competitions, Junior, Youth and Member Weeks, and development programs for children and youth members through the winter season. Bush walking, pre- and post- season cocktail parties, new member welcomes, club dinners, picnics, other social activities and lodge work parties feature in summer. Members of all ages participate - from babies to pre-schoolers to our oldest members.

All these activities have been fuelled by lots of delicious, energizing food - many, many drinks and in past years, sing-alongs.

The Club has a long tradition of great shared meals - either prepared ahead or cooked on site. Many members have been on the Youth and Juniors Weeks rosters. The Social Committee and many co-opted members have worked hard on meals or catering for special occasions and gatherings.

This book had its beginnings during Youth Week in 2006, where, as one of the cooking team for the first time, I could not help but notice what a talented bunch of people were creating and sharing fabulous food. It was the time to start documenting and sharing this fabulous culinary treasure and to help and inspire members for future events and holidays.

In gathering together this collection of recipes, I talked and worked with many members. Members were also invited to contribute favorite recipes through Frozen Acres and Skimail.

I searched Frozen Acres from 1962 for references about food. Where mentioned, barbeques and 'grogging on' were popular. 'Gluhwein George' was known for his excellent brews, supper organization and music. The July 1962 edition advises members that they have access to a 'good supply of tinned and packet foods' in the Perisher Lodge, with members needing to provide perishables such as meat, butter, milk, etc.

This collection of recipes includes some traditional recipes from the 1960s and two published recipes from the 50<sup>th</sup> Anniversary Dinner (Frozen Acres, August 1984).

The contributions cover a great selection of food which has been shared at CAC functions. These range from traditional family recipes handed down from mothers and grandmothers, to recipes cooked by members over many years and more modern cuisine.

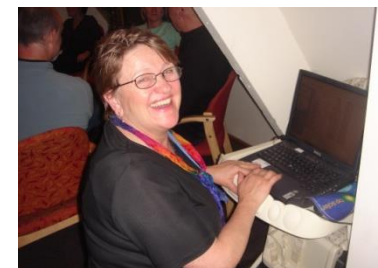
Thanks to everyone who has shared their recipes of fabulous meals past - sitting with me or typing in contributions to my laptop at the Lodges, providing copies or emailing contributions and photos. Extra thanks to Jenny McLeod for archival photos, and Tanya Mark for proofreading and chasing up recipes and photos.

Thank you one and all and enjoy! Bon appétit!

Angela Ivanovici

Cookbook Coordinator

(Photo: Tanya Mark)



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## TRADITIONAL WINTER DRINKS

### Gluhwein (Frozen Acres, August 1965)

#### *Ingredients and method*

Take the soup boiler (at Perisher), and about half fill with cold water (how much depends on how much you want to weaken the claret). Add ½lb sugar, 3 cinnamon sticks, cloves and slices of lemon, and bring to the boil

Add ½lb honey, boil a few minutes, then add claret to required strength.

Simmer only for five minutes (do not boil). Taste and if necessary, add more honey. Remove spices and lemon before serving hot. If you wish to give it a kick, add some brandy just before serving.



Ron Nott, John Atkinson, Bert Bennett and Marjorie Kesterven having drinks in the Chalet - 1984

Photo: Franklin Collection (Bert and Jess Bennett)

*Note: This is knowledge no skier should be without!*

*Sent in by Tren Burfield*

Tren also sent in some extra hot drink recipes from Frozen Acres (as found by Susan Ferguson).

### Swiss Gluhwein

Into a saucepan place 1 wine glass per person of red dry wine. Then add (per person) 3 cloves, 1 thick slice lemon, 1 good tsp. sugar, ¼ stick cinnamon.

Heat to boiling point and simmer a few minutes. Pour hot.

### Gluhwein

#### *Ingredients (for 10-15)*

10 cups claret	3 lemons - juiced (or oranges)
2 cinnamon sticks	½ tsp. ground cloves
½ tsp. ground nutmeg	¾ cup brown sugar
2 lemons - sliced (or oranges)	

Mix all ingredients together in saucepan and heat gently. Serve very hot, not boiling.

### Hot Buttered Rum

#### *Ingredients (per goblet or mug)*

1 good tsp. brown sugar	1 twist lemon peel
1 tsp. lemon juice	4 cloves
1½ measures rum	boiling water
nutmeg - pinch	1 tsp. butter

#### *Method*

Place ingredients into goblet, add boiling water, top with butter and sprinkle on nutmeg.

All designed to keep you all in a happy 'daze' (off the slopes of course!)

### Champagne

Any variety is popular with pre-dinner nibbles and cooks in the kitchen. Serve snow chilled - strawberries optional.



Lynette and Teresa enjoying a 'champas' at Perisher (Photo: Stephen Smith)

*Note: The Club's first cocktail party was held on 14 June 1962 and attended by more than 100 members, who were also celebrating the opening of the Perisher Lodge in 1961.*

## 50<sup>th</sup> ANNIVERSARY DINNER, 21 July 1984

### Beef Strips in Sour Cream Sauce (Frozen Acres, August 1984)

#### Ingredients

4-6 lb. round or chuck steak	2 oz. plain flour
1 tsp. salt	2x16 oz. tins cream of tomato soup
Freshly ground pepper	2 cups diced green or red pepper
2 oz. butter/margarine	½ pint water and beef broth cube
2 Tbs. oil	2 Tbs. Worcestershire sauce
2 cups chopped onions	4 cups sour cream
4 cloves garlic (perhaps a little less unless you're a devoted garlic eater)	

#### Method

Cut beef into thin strips. Coat with pepper and salt, seasoned flour. Heat half the butter and oil in frying pan and sauté meat in 3 to 4 lots until brown. Add remaining butter and oil as required. Put into a large saucepan.

Cook onions, garlic and green pepper in remaining fat in pan for a few minutes. Add to beef. Add mushrooms, tomato soup, water and beef cube, and Worcestershire sauce. Simmer 1 hour.

Remove from heat and stir in sour cream. Place over low heat, stirring until mixture is hot. Do not allow to boil.

Hints: Can be made 2 days before required and stored in fridge. If making ahead do not add the cream until almost ready to serve. Metric measurements can be substituted. Makes about 20 serves.

### Wedding Chicken (Frozen Acres, August 1984)

#### Ingredients

4 5-6 lb. chickens or boiling fowls	16 cups cold water
4 tsp. salt	4 carrots, scraped, halved
4 onions, peeled, halved	2 tsp. mixed poultry herbs (thyme, sage, rosemary)
4 oz. butter/margarine	4 oz. plain flour
4 cups chicken stock	1 Tbs. salt
pepper	½ tsp. grated nutmeg
4 cups sour cream*	
2 lb. button mushrooms	3 oz. butter

\*Author did not think this made enough sauce, and suggests doubling the quantity, using 2 cups cream and 2 cups milk.

#### Method

Put chickens in large saucepans, cover with water, add carrot, onion, salt, pepper and herbs to each pan. Simmer until tender, let cool in water. Lift out, remove meat from bones. Remove skins. Cut meat into bite-sized pieces. Return bones to broth and simmer about an hour longer.

Strain and chill broth and remove fat from surface.

#### Cream Sauce

Melt butter in saucepan and add flour. Cook, stirring for a few minutes and add chicken stock. Season with salt, pepper and nutmeg. Cook gently and stir until sauce boils and thickens. Stir in cream (and milk if used) and cook a further 5 minutes.

Wipe mushrooms and slice. Gently sauté in butter until lightly cooked. Drain on absorbent paper. Combine chicken and mushrooms with sauce.

Can be made the day before (or frozen) - gently reheat. Serves 25.



## QUICK NIBBLES AND APPETIZERS

### **Spiced Roasted Nuts** *Angela Ivanovici*

#### **(Jill's favourite)**

Place 2 handfuls of mixed nuts of choice into a lightly greased frypan. Add 1-2 tsp. spices of choice (garam masala, coriander, cumin, curry, 5-spice) and heat gently until nuts start to brown. Alternatively roast in a hot oven for a few minutes. Serve hot or cold.

### **Marinated Bits** *Angela Ivanovici*

Place cubes of feta or olives or both in olive oil, and chilli flakes and chopped fresh herbs for a while before serving. Keeps well in fridge.

### **Stuffed Mini Tomatoes** *Angela Ivanovici*

Fill cherry tomatoes with any of the dips later in this section.

### **Curried Stuffed Eggs** *Angela Ivanovici*

Cut hard boiled eggs in half lengthwise, remove yolks and mash with mayo and generous Tbs. hot curry powder. Refill the eggs. Garnish with a sprig of coriander.

### **Spicy Meat Bites** *Angela Ivanovici*

Grill 4 Italian or other spicy sausages, cut into bite-size pieces and skewer onto toothpicks with a piece of pickled cucumber or other vegetable or an olive. Serve with a salsa sauce.

### **Antipasto Platter** *Belinda Kenyon*

Assemble your selection of cold cuts, cheeses, crackers, olives, dried tomatoes on one of the large serving platters available at the Lodges.



Belinda's platter - 2009 Youth Week (Photo: Tanya Mark)

### **Youth Week Nachos** *Ariel Ivanovici*

#### *Ingredients*

150 gm grated tasty cheese (cheddar)	1 jar salsa
2x230 gm pkts no-salt corn chips	120 ml sour cream

#### *Method*

Spread chips over ovenproof dish or tray. Sprinkle salsa over, then the cheese. Bake in a hot oven (200°C) for about 10 minutes, until cheese is melted and golden. Serve with sour cream.

Enjoyed by kids of all ages - especially popular afternoon supper.

## NIBBLES AND APPETIZERS

### **Savory Toasts** *Martine Russet and Denelda Bolt*

Cut toasted bread into fours and cover thinly with savory spread (basil, garlic, oil, salt and pepper, goat's cheese - pounded into a paste in a pestle and mortar). Sprinkle with parmesan or chopped dried tomatoes). Allow two pieces per person.

### **Cheese Platter** *Martine Russet and Denelda Bolt*

Jatz biscuits with bocconcini cut into rings with slices of strawberries on top - on a platter with julienne carrots, cut cucumber and camembert (= colour and taste combined á la Martine!).

### **Cheese and Tomato Bites** *Martine Russet and Denelda Bolt*

Place ½ a cherry tomato, ½ a small bocconcini ball and basil leaf on a toothpick (á la Denelda). Allow 2 pieces per person.

### **Pesto-avocado Dip** *Mary-Louise Willheim*

Mash 1 ripe avocado with contents of a bought Pesto dip. Serve with crackers or dipping vegetables.

### **Baba Ghanoush** *Angela Ivanovici*

#### *Ingredients*

250 g eggplant	1 tsp. cumin and coriander
Handful of parsley	1 slice onion
1 cup olive oil	2-3 garlic cloves
3 Tbs. tahini	juice ½ lemon

#### *Method*

Roast eggplant at 200°C until soft - about 1 hr. Transfer pulp to bowl, add remaining ingredients and blend all to a paste. Chill before serving - serve with kalamata olives, sliced tomatoes and fresh bread. Keeps well in fridge

### **Eggplant Caviar** *Angela Ivanovici's Mum's recipe from early 1950s*

#### *Ingredients*

1 medium eggplant	2 garlic cloves
2 slices red onion	juice ½ lemon
½-1 cup olive oil	fresh ground pepper
about 4-6 kalamata or black olive	2 Roma tomatoes - sliced
per person	

#### *Method*

Roast eggplant at 200°C until soft - about 1 hr. Transfer pulp to bowl, add onion, oil, garlic, lemon and blend roughly. Add oil until it is no longer taken up.

To serve, spread paste over fresh bread, top with sliced tomatoes and olives. Keeps well in fridge.

### **Hommus** *Judy Lejins*

#### *Ingredients*

1 tin chick peas (drained with some reserved liquid and peas)	juice of 1 - 2 lemons (adjust according to taste)
approx 1/5 of a jar of tahini	2 garlic cloves - chopped
	sprinkle of paprika

#### *Method*

Blend all together to a thick, creamy consistency. Add reserved liquid or more lemon juice as required.

Put into a bowl, sprinkle with paprika and put a few of the whole chick peas on top, serve with Turkish or Lebanese bread or biscuits.

Note: Can vary amounts according to personal taste.

### **Cheese Puffs** *Angela Ivanovici*

#### *Ingredients*

3 cups grated tasty cheese (cheddar, blue, whatever is left over will be fine)	½ cup rolled oats
1½ cups plain wholemeal flour	4 tsp. baking powder
¾ cup skim/low fat milk	1 Tbs. sesame seeds

#### *Method*

Pre-heat oven to 250°C.

Mix all the ingredients together well. Place teaspoons of mixture on greased/lightly floured trays. Flatten with a fork dipped into sesame seeds.

Place in oven for 5-10 minutes, then turn off and leave in oven for about 10 more minutes - do not open the door until you see they are golden. Makes about 60.

### **Lentil Paté** *Angela Ivanovici*

#### *Ingredients*

1 cup cooked lentils	60 g potato
60 g onions	60 g carrots
Sprig thyme	1 egg
½ tsp. raw sugar	fresh ground pepper
2 garlic cloves	20 ml oil

#### *Method*

Cook potatoes, carrot onion and thyme until soft (microwave). Mash with cooked lentils to a coarse puree. Add remaining ingredients and blend (hand blender is good). Cook at 200°C until golden brown on top. Chill and serve with pita or sourdough bread thinly sliced and toasted.



Judy Lejins in Middle Eastern gear (Photo: Jenny McLeod)

## **Olive Tapenade** *Angela Ivanovici*

### *Ingredients*

1 cup kalamata olives (or other favorites)	1 Tbs. mayo or 1 raw egg yolk
20 g capers	1½ hard boiled eggs
2 garlic cloves	1 small green chilli
3 tsp. soy sauce	pinch nutmeg/mace
1 tsp. yeast extract/vegemite	3 tsp. vinegar or lemon
20 ml olive oil	1 Tbs. fresh herbs
1/3 tsp. raw sugar	fresh ground pepper
90 g almonds or other nuts as preferred	

### *Method*

Blend all ingredients to a paste - serve with toast, raw vegetables or fill tomatoes. Keeps well in fridge. Amounts can be varied according to personal taste.

## **Ducckah** *Angela Ivanovici*

### *Ingredients*

1 cup toasted hazelnuts	2 Tbs. coriander seeds
½ cup sesame seeds	1 Tbs. cumin seeds
1 cup best quality virgin olive oil	Turkish bread

### *Method*

Roast nuts and seeds at 150°C until golden. Blend all ingredients.

Serve with olive oil and bread - dip bread into oil, then into ducckah mix.

## **Mini Cheese Muffins with Smoked Salmon and Caviar** *Angela Ivanovici*

### *Ingredients*

1 cup grated tasty cheese (whatever is left over - cheddar, blue, or a mix)	
1½ cups plain flour	½ cup rolled oats
4 tsp. baking powder	1 egg
¼ cup olive or other oil	1½ cups skim/low fat milk
sour cream	smoked salmon
caviar	dill or parsley sprigs for garnish

### *Method*

Mix top seven ingredients, dough needs to be pourable. Spoon mix into mini muffin tins (silicone cups don't need oiling - easy to get cooked muffin out), and top with a few shreds of cheese. Bake in hot oven (200° C) 10-15 minutes until golden brown.

Top each muffin with sour cream, smoked salmon, a few caviar eggs, a caper and a dill or parsley sprig for garnish. Serve hot or at room temperature. Makes about 50 mini-muffins.

### **Asparagus in Filo** *Angela Ivanovici*

#### *Ingredients*

36 asparagus spears (canned or fresh) 6 sheets filo pastry  
100 g grated parmesan cheese oil  
freshly ground pepper

#### *Method*

Cut each sheet of pastry into 6. Lay 1 one spear per pastry square, sprinkle on parmesan and pepper to taste. Fold ends over and roll up. Seal with oil. Brush with oil and sprinkle on sesame seeds.

Bake at 200° C until golden. Turn once. Serve hot.

### **Roast Beetroot Dip** *Angela Ivanovici*

#### *Ingredients*

1 bunch beetroot, washed and trimmed 1 Tbs. sumac  
1 garlic head ½ cup yoghurt  
2x20 cm pita bread – split

#### *Method*

Wrap each beet in foil with a little oil, bake at 200°C 45-55 minutes until tender (test each beetroot with skewer). Cool for a few minutes. Sprinkle pitas with oil and sumac – bake 4-5 minutes until crisp. Peel beetroot, squeeze garlic from the skins and process until smooth. Mix with yoghurt, season and serve with crisped pita.

### **Savory Blue Cheesecake** *Angela Ivanovici*

#### *Ingredients*

##### *Base*

500 g wheaten/savory biscuit crumbs/oats/sesame seeds  
180 g butter 120 g ground nuts

##### *Filling*

50 g butter 500 g cream cheese  
250 g blue cheese 2 cloves garlic  
4 tbs fresh parsley, chopped 2 tbs grainy mustard  
1/4 tsp ground black pepper 1 tsp Worcestershire sauce  
4 large eggs

#### *Method*

Heat oven to 180° C. Grease two 30x20cm slice trays. Combine nuts, biscuits and butter and press into trays. Melt butter, add remaining ingredients and mix well. Add eggs last, one at a time. Pour over base and bake 30-40 minutes. Turn off oven for another 15 minutes. Cool, cut into bite-size pieces – makes 50-60.

### **Caviar Toasts** *Angela Ivanovici*

#### *Ingredients*

10 slices toasted bread or equivalent crisp biscuits  
3 Tbs. butter/cream cheese  
lemon wedges (sliced to small triangles)  
125 g caviar

#### *Method*

Remove crust (optional), coat with butter, toast buttered side. Cut each slice into 4 triangles/squares. Spoon over caviar and serve with lemon wedges.

### **Mini Goats Cheese Tartlets** *Angela Ivanovici*

#### *Ingredients*

2 red onions, thinly sliced – cook until golden  
2 Tbs. olive oil                       $\frac{1}{3}$  cup water  
 $\frac{1}{2}$  cup raisins (soaked in □ 2 1 sheet frozen puff pastry  
Tbs. red or brown vinegar)  
 $\frac{1}{4}$  cup lightly packed brown sugar    100 g goats cheese  
 $\frac{1}{4}$  cup pecans, macadamias or fresh thyme leaves  
almonds

#### *Method*

Add soaked raisins, water and sugar to onions and cook about 10 minutes until thickened, season and cool for an hour. Heat oven to 200°C, and line 2 trays with baking

paper. Use 6 cm cutter for tarts, use 4 cm cutter for inner ring – partway cut. Prick centre of disc all over. Spread  $\frac{1}{2}$  tsp onion-berry mix in centre – top with goats cheese, nuts and thyme. Bake until golden – 12-15 minutes.  
Makes 40-50 tartlets

### **Gravlax** *Mary-Louise Willheim*

8-10 persons

#### *Ingredients*

2 Atlantic salmon fillets - same size - about  $\frac{1}{2}$  kg  
1 cup (approximately) sea salt    1 bunch fresh dill  
1 cup (approximately) sugar        $\frac{1}{2}$  cup olive oil

#### *Method*

Mix together salt, sugar, oil, and finely chopped dill.

Place first fillet on a plate, skin side down. Spread mix over the fillet. Place second fillet over coated first fillet. Seal with glad wrap, and place heavy platter on top. Refrigerate 24 hours. Turn fillets over and refrigerate a further 24 hours. Slice thinly and serve with buttered bread, or in a salad, or crackers.....and champagne, of course!

Leftovers freeze well.

**Baby Quiche with Salmon/left over stuff** *Angela Ivanovici*

*Ingredients*

3 sheets ready rolled puff pastry  
1½ cups left over ham/salmon, etc      2 tsp. lemon rind, finely grated  
1 cup cream/yoghurt      fresh ground pepper  
4 large eggs

*Method*

Cut 6 cm circles of pastry and press into mini muffin pans. Divide food between cases. Combine cream, eggs, lemon rind, pepper to taste and spoon over food in cases – not more than 2/3 full. Bake for 10 minutes at 200°C or till golden and puffed. Makes about 36.

**Coriander Chicken Satays** *Angela Ivanovici*

*Ingredients*

1/2 kg chicken strips

*Marinade*

5 tbs. lemon juice	fresh pepper
2 Tbs. oil	4 cloves garlic, crushed
6 Tbs. soy sauce	3 Tbs. fresh coriander

*Dipping sauce*

3 finely chopped spring onions	100 g plain yoghurt
3 Tbs. chopped mint	3 tsp. grated ginger
1 clove garlic	fresh mint for garnish

*Method*

Blend marinade ingredients, and marinate chicken overnight.

Skewer, grill and serve with Ginger minted yoghurt dipping sauce.

Combine sauce ingredients and store up to 3 days in fridge.

## SOUPS AND SNACKS

### Minestrone *Patricia Egan*

#### Ingredients

4 kg chuck steak	2 bunches celery
2 kg carrots	2 kg zucchini
1 pkt cannellini beans	1 pkt chick peas
2 cloves garlic	8 onions
4 tubs tomato paste	2 small pkts macaroni pasta
chopped bacon (to taste)	4 tsp. oregano
8 tins tinned/diced tomatoes	
approx. 10 beef cubes or stock	parsley, basil, ginger, S & P (to taste)

#### Method

Soak cannellini beans the night before. Chop onions, garlic and meat. Fry in a little oil. Add tomato paste. Cook 1 minute. Fry all vegetables till blended – about 10-12 minutes. Add tinned toms and water. When half cooked (about 10 mins) add beans and stock cubes. Add herbs. Add pasta about 10 mins. Add S & P at the end as stock cubes are salty.

### Basic Borscht (Vegetarian) *Amanda East*

#### Ingredients

4 medium/large beetroot  
1 can tomatoes  
2 litres vegetable stock  
1 bay leaf

5 tablespoons vinegar  
2 tablespoons sugar  
2 carrots  
2 onions  
Pepper and salt to taste  
Sour cream  
Fresh Parsley

Cook beets in boiling water for about 30 minutes. Rinse, drain and cool. Remove skins (*these can be rubbed off*) and grate the beets into a large saucepan. Add tomatoes, vinegar, stock and sugar. Bring to boil, cover and simmer gently for about 1 ½ hours.

Grate carrots and slice onions. Fry in small amount of olive oil and butter until tender. Add to simmering beets. Season to taste and garnish with sour cream and parsley. Soup can be served hot or cold.

### Bunny Soup *Deb Long*

#### Ingredients

1kg lean beef	¼ cabbage - finely sliced
1 pkt Mackenzie soup mix	1 can of tinned tomatoes
1 handful onion flakes	herbs, seasoning and beef stock powder to taste
6 large carrots - grated	parmesan cheese

#### Method

Cut trimmed beef into small pieces and gently fry in a couple of spoons of olive oil. Add onion flakes and soup mix and fry until beef sealed and mostly cooked.

Add beef stock powder and water (or liquid stock) to cover meat and bring to boil.

Bring to a strong simmer and then add tinned tomatoes, carrots and cabbage. Season with ground pepper, fresh parsley and keep adding liquid as required. Serve with a spoon of parmesan cheese.



## **Chicken Soup** *Lynette Johns-Boast*

### *Ingredients*

1 cooked chook            3 L stock  
2 handfuls small/fine pasta (e.g. risoni, stars, small shells)

### *Method*

Remove meat from chook and cut to small pieces. Add stock (bought or home-made) and bring to the boil. Add pasta and boil for a few minutes until pasta cooked.

Fast and delicious - perfect for lunch to feed the youngsters during Juniors and Youth Weeks.

## **Salmon Miso Noodle Soup** *Christine Hemphill*

*'We like this recipe at the lodge as it is great for the end of a week as few fresh ingredients are required, the kids love it and it is fast to make. Enjoy!'*

### *Ingredients*

1 big can red salmon (or four fresh salmon fillets)  
3 big Tbs. good quality miso paste    ½ cup sweet potato (cubed) is also good  
1 packet soba noodles            corn kernels (1 cob or can)  
1 packet of fresh/ long life tofu    2 sheets nori (dried seaweed)  
8 dried shitake mushrooms    chilli or shichimi to taste  
2 cups of greens (beans, broccoli, broccolini, peas, bok choy all good - any left over at end of week).

### *Method*

Put dried mushrooms in small bowl of boiling water and soak for 1 hour (do this as you are having drinks as all the rest of the dinner only takes approx 15-20 minutes to make).

Boil litres of water in a big pot. Cut corn off cob (or open can), wash and chop greens and cut tofu into large rectangles.

Add miso paste to water and stir in. Cut stems off shitake mushrooms and halve. Put mushroomy water in the miso broth.

Add corn kernels (if fresh) and cook for 3-4 minutes. If you are using fresh salmon, sear briefly on hot heat in a fry pan.

In the big pot add all the rest of the ingredients (including salmon only if using canned) except the nori and bring back to boil. Cook for 3-4 minutes.

Serve in big noodle bowls with the noodles at bottom, then vegetables and tofu and top with salmon and torn up pieces of nori. Add some Japanese chilli (shichimi) or normal chilli to taste.

## **Onion Soup** *Lynette Johns-Boast*

### *Ingredients*

12 large onions per litre of stock - finely sliced  
3 L stock                            Oil or butter  
1 slice French Bread    Grated cheese or topping of choice per bowl

### *Method*

Finely slice onions, caramelize in butter or oil. Add stock (bought or home-made vegetable) – ratio of 12 large onions per litre of stock. Serve in a bowl with a slice of French bread topped with toasted cheese/garlic/own choice.

## **Whole Pumpkin Soup** *Tanya Mark*

### *Ingredients*

1 whole pumpkin (large butternut or Jap)  
chicken stock – 750ml 300 ml cream or silken tofu  
or to taste (pureed)

### *Method*

Roast whole pumpkin in oven at 160°C until soft - about 1 hour per kilo. Cool, peel and puree pumpkin flesh with juice (can freeze pureed pumpkin).

Add chicken stock – and dilute puree according to taste - about 25-50% of total pumpkin volume. Simmer to mix. Add 300 ml cream or pureed silken tofu - per 2-3 litres soup.

Season as desired to taste. For extra flavor, add fried onion or leek and dash of curry.

For Youth week, 3-6 medium to large pumpkins are used.

(Photo: Tanya Mark)



## **Vietnamese Meatball Soup** *Martine Russet*

### *Ingredients*

4 L water	½ onion with two cloves
big piece of unpeeled ginger	8 Tbs. fish sauce
1 kg minced pork	½ onion finely chopped
coriander - bunch, finely chopped	spring onions - bunch, finely chopped
3 eggs	salt, pepper
2 Tbs. fish sauce	1 clove garlic - finely chopped
½ pkt Chinese vermicelli	

### *Method*

Bring water to boil in a pot, with the ginger, onion and cloves, and fish sauce. Place the pork meat, onion, coriander, spring onions, eggs, salt, pepper, fish sauce and garlic in a bowl. Mix well.

Put water to a boil in a separate saucepan. Add half a packet of Chinese vermicelli. Cook for a few minutes then drain and let them cool down. Add about a third of the Chinese vermicelli to the bowl cutting them into small pieces. Mix all the ingredients together then shape into small meat balls and put them in the boiling ginger fish sauce mixture. Once all the meat balls are in, cook them for a good 20 minutes then add the rest of the Chinese vermicelli to the pot. Serve with finely chopped coriander and finely chopped spring onions. Enjoy!

Kids eat first during Juniors  
And Youth Weeks  
(Photo: Stephen Smith)



Some of 2006 Youth Week Chefs Team (Photo: Stephen Smith)

### **Pear, Walnut and Parmesan on Rocket Salad**

#### *Ingredients*

2 bags fresh rocket leaves  
3 large pears  
1 Tbs. each of honey and      freshly ground pepper  
lemon juice  
3 large handfuls walnuts  
1 125gm packet shaved      100 gm (1 packet) snow peas  
parmesan

#### *Dressing*

walnut or olive oil      balsamic vinegar  
1 tsp white sugar

#### *Method*

Thinly slice pears and cover with pre-mixed lemon juice and honey. Season with ground black pepper.

Arrange rocket on platter and decorate with pears, walnuts and parmesan. Add dressing to moisten and mix well.  
Serve.

### **Super Easy Poached Eggs (as told to me by Tanya Mark) – to use on a salad or for breakfast** *Sam DeLorenzo*

#### *Method*

Bring a saucepan of water to a rolling simmer.

Per egg: Line a cup or shallow bowl with a piece of glad wrap (big enough to have some hanging over the edges). Break an egg into the cup, season with ground pepper, herbs or cheese. Lift corners together and twist to stop egg running out.

Transfer to saucepan, and leave to cook for a few minutes (4-soft, 5-medium, 6-hard). Lift out and peel off glad wrap. Eat /use as desired.

Nice on hot toast with ducckah. Saucepan should be clean, as eggs are contained in wrap.

### **Mt Franklin Rice Bubble Cheese Biscuits (Bev McLeod)**

#### *Ingredients*

½ cup of butter (or slightly less)      1 cup SR flour  
1 cup of grated tasty cheese      ½ cup of rice bubbles  
Pinch of cayenne pepper

#### *Method*

Rub butter into flour, add other ingredients and mix well. Form into walnut-sized balls and bake in a moderate oven about 10 minutes until golden brown.

## MAINS

### **Easy Chicken Wings - the easiest recipe in the book!** *Teresa Harrington*

#### *Method*

2-3 kg of honey-soy marinated chicken wings (from Chicken Shop or supermarket).

Bake in 150-180°C oven for about 40 mins or until cooked.

### **Osso Bucco** *Trevor Sutton and Jane Halton*

#### *Ingredients*

6 large pieces osso bucco*	(from Kingston butchery)
garlic 3-4 cloves (diced)	diced carrot, celery, parsnip (to taste)
2 tins tomato puree	tomato paste (to taste)
salt and cracked pepper (to taste)	thyme sprigs and bay leaves (to taste)*
parsley (fresh) to taste	olive oil

#### *Method*

Brown osso bucco in olive oil for 5 minutes, to seal. (Optional - dust with flour before frying). Put in crockpot, Le Creuset, or baking dish in a single layer. Add celery, carrots, parsnip, garlic, cracked pepper, tomato puree and tomato paste, just covering the meat.

Cover and bake in oven at 140°C for 3 hours (if longer than 3 hours, 120°C). Check for moisture half way through cooking and turn meat over. Can top up with red wine.

Serve with boiled or mashed potatoes, or Italian bread, or rissoni pasta.

\*If using lamb shanks, substitute rosemary for thyme and bay leaves.



Busy with the Bucco - Jane Halton and Trevor Sutton in the Perisher Lodge kitchen, Youth Week 2008 (Photo: Tanya Mark)

### **Spinach and Lentil Puree from Madras** *Sue and Martin Lukersmith*

#### *Ingredients*

500 g spinach	
100 g green gram lentils	4 cloves garlic
1 large onion	2 fresh hot green chilli peppers
30ml (2 Tbs.) vegetable oil	15 ml (1 Tbs.) cumin seeds
salt	25 mg (2 Tbs.) butter

#### *Method*

Clean the lentils and cook in 250 ml water until soft but not pulped. Chop the onion, garlic and seeded chilli peppers.

Heat the oil and add the cumin seeds. When they begin to crackle in the oil, add the onion, garlic and chilli peppers and cook until the onion is soft. Add the roughly chopped spinach and cook over a gentle heat until wilted.

Add the lentils and mash all the ingredients together.

Let the mixture stand for a short while so that all the flavors amalgamate. Just before serving, season to taste and pour melted butter over.

### **Chicken with Apricots (inspired by Parsis who fled from Persia)** *Sue & Martin Lukersmith*

#### *Ingredients*

1.5 kg chicken pieces (chicken thighs)	6 whole green cardamom pods
4 cm stick cinnamon	2 tsp. cumin seeds
120 g dried apricots	2 cloves garlic
6 cloves	2 cm fresh ginger
2 tsp. salt	3 medium onions
2 tsp. vegetable oil	4 fresh hot green chilli peppers
1 large ripe tomato or 20 ml tomato paste	2 tsp. sugar
30 ml/2 tsp. white wine vinegar	

#### *Method*

Grind the spices and finely chop the garlic and ginger.

Rub the chicken with the salt and half the spices, garlic and ginger. Leave in a cool place for several hours (Martin puts the spices in a plastic bag and then the chicken and then shakes it around so the chicken is coated with the spices, leave it in the plastic bag for the spices to blend)

Soak the apricots in 300 ml boiling water. Heat the oil and fry the finely sliced onions until they are golden brown. Stir in the seeded and finely chopped chilli peppers, the remaining spices, ginger and garlic, then add the chicken pieces, turning them over so that each side is colored. Stir in the chopped tomato or tomato paste and a little water and simmer over a low heat for about 30 minutes. Add the sugar and vinegar and cook for another 15 minutes. Gently stir in the apricots with their liquid and leave for at least an hour so that the flavors can amalgamate. Reheat before serving. Serve with rice.

### **Curry Ayam** *Martin Lukersmith's specialty*

#### *Ingredients*

3 Tbs. vegetable oil	2 tsp. ground cumin
2 garlic cloves, crushed	1 tsp. ground fennel
3 onions, grated or finely chopped	1 cinnamon stick
6 dried chillis, soaked, drained, finely chopped	1 tsp. ground coriander
2 stalks lemon grass, white part only, finely sliced OR half a lemon rind slice	1 tsp. ground turmeric
1 Tbs. fresh ginger grated	1 tsp. sweet paprika
10 - 12 chicken pieces (we use chicken thighs but can use pieces with bones if you like)	2 potatoes (or more if you want to stretch it out) cut into small cubes
2 cups of coconut milk	2 star anise
1 tsp. salt	1 tsp. sugar

#### *Method*

Heat wok to very hot (or use a heavy based pan if you don't have a wok with a good gas burner), add oil and heat. Add garlic, onions, chillis and lemon grass and stir fry for 5 minutes until fragrant. Add ginger and spices and cook for another 5 minutes. Remove.

Add a little extra oil to wok and heat. Add chicken pieces and fry quickly to seal skin.

Add cooked spice mixture, coconut mil, potato, sugar and salt and cook for 30-40 minutes until gravy thickens and chicken and potatoes are cooked. Serve with fragrant coconut rice or steamed jasmine rice.

## Thai Vegetable Curry (easy peasy!)

Sue – Aka Powderpuff! – Lukersmith

### Ingredients

2 Tbs. Thai red curry paste	200 g pumpkin chopped
2 cups coconut milk	1 red capsicum chopped
4 kaffir lime leaves	3 zucchini, chopped
1 onion finely chopped	90 g baby corn
2 potatoes chopped	2 Tbs. fish sauce
150 g beans chopped	2 Tbs. lime juice
2 Tbs. fresh chopped coriander	1 Tbs. soft brown sugar

### Method

Mix the curry paste coconut milk and ½ cup water in a large pan. Bring to the boil, stirring occasionally.

Add the lime leaves and onion, and boil for 3 minutes. Add the potato and pumpkin, and cook for 15 minutes, or until tender. Add the capsicum, zucchini corn and beans, and cook for 10 minutes until tender.

Add the lime juice, fish sauce, coriander and sugar, cook for 2 minutes. Serve with rice



Linda stirring the pot - Youth Week 2006 (Photo: Stephen Smith)

## Beef and Potato Massaman Curry Rhonda

Cunningham

### Ingredients

olive oil	250 ml water
2 large onions – cut into wedges	¾ cup massaman curry paste (bought or made)
1 kg beef (casserole)	400 g can coconut cream
2 cinnamon sticks	3 Tbs. fish sauce
6 potatoes – peeled and diced into 3cm cubes	4 Tbs. roasted peanuts crushed (or cashews - my preference)
3 Tbs. fish sauce	2 Tbs. brown sugar
3 Tbs. lime juice	coriander chopped

### Method

Put potatoes on the bottom of a slow cooker. Trim fat off meat and brown with the onions. Put meat into slow cooker. Add curry paste to pan, heat through till fragrant, add half the coconut cream and cook gently for about 5 minutes. Add water and rest of coconut cream, cinnamon and couple of bay leaves and cook on LOW for about 7-8 hours. Before serving season with the fish sauce, sugar and lime juice.

Recipe can be made in a casserole dish on the lowest temperature in the oven until the meat is tender.

For Youth Week this recipe is x 8

## Nonna's Lasagna *Sam DeLorenzo*

### *Ingredients*

3 bottles of Nonna's Sauce	375 g tomato paste (Leggos)
or tomato and basil 700 g shop sauce	
250 g grated pecorino romano (or parmesan) cheese	250 g grated mozzarella cheese
350 g pork and veal mince	350 g mince
200gm beef mince	
1 large pack latina lasagne	½ tsp. thyme
1 tin chopped tomatoes or 400 g tomato paste	4 Tbs. continental parsley - chopped
2 cloves garlic - chopped	1 Tbs. oregano - chopped
4 onions - chopped	olive oil

### *Method*

Prepare the following two sauces:

*Red Sauce* (the thin sauce used between the layers):

Take 200gm of beef mince and blend with about two tbs parsley. Add half the onions and half the garlic. Cook until onions are transparent. Add combined meat and cook until brown.

Add two bottles of the Nonna's sauce, with about two cups water (to rinse out sauce bottles to create runny sauce) and chopped tomatoes (optional - add a dash of red wine).

Bring to boil, stirring regularly for 5 minutes. Simmer for ten minutes.

*Mince Sauce* (thicker full bodied sauce for bulking the dish)

Take the pork and veal mince and blend with remaining parsley, oregano and thyme.

Brown remaining onions and garlic in olive oil. Add combined meat and cook until brown. Add 1 bottle of Nonna's sauce. Add tomato paste. Rinse out tomato paste container with one cup of water.

Bring to boil, stirring regularly for 5 minutes. Simmer for ten minutes.



Sam DeLorenzo supplying Nonna's lasagne sauce for Jane Halton and Martine Russet 2006 (Photo: Stephen Smith)



Angela Ivanovici and Tanya Mark assembling Sam's lasagne Youth Week 2009 (Photo: Tanya Mark)

### *Construction*

Baste base of a large ceramic or metal (or foil) baking tray with olive oil.

Place a thin, even layer of Red Sauce into the tray base. Place one layer of lasagne over the red sauce. Flatten it out (don't let it dry out). Place a layer of the mince sauce to an even coverage. Sprinkle over an even layer of the pecorino cheese, then a layer of the mozzarella cheese.

Place next lasagne sheet layer as above. Ladle over an even layer of the red sauce. Sprinkle over an even layer of the



pecorino cheese, then a layer of the mozzarella cheese. Repeat mince sauce layer.

Continue layers as above until baking dish is full.

For the final layer, repeat mince sauce layer but have overlap on the lasagne for full closure. Spread Red Sauce over the top in an even layer. Top with even layers of the pecorino and mozzarella cheeses.

Cover with foil - take care to minimise contact with the top layer and place in preheated oven to 200°C for one hour. Remove foil for last 10 minutes.

Serves 6 persons with enough left over for the kids.

### **Mt Franklin Sweet and Sour Pork\*** *Stan Goodhew*

(\*cooked often since the 1960s at Mt Franklin - based on an original meal from Hap-Sang Lo (Happy's in Goulburn, which then moved to Canberra and is still in Garema Place).

#### *Ingredients*

2 cups rice (make 6 cups cooked)	pineapple pieces - small tin
2 cups diced pork	2 tsp. cornflour
¼ cup plain flour and about same of water	¼ cup soy sauce
2 dsp. grapeseed oil	2 spring onions - sliced finely for garnish

#### *Method*

Heat water to boiling and add rice, stir and leave to simmer until just cooked. Wash and strain.

While the rice is cooking, do the pork. Mix plain flour with enough water to make a thick paste. Mix diced pork into flour mix to coat.

Heat grapeseed oil in pan, and add the pork and stir and cook until browned. Pour over the tinned pineapple with the

juice and stir. Add the cornflour and soy sauce, stir until thickened.

Serve with rice. Serve garnished with spring onions.



Boiling the Billy at Mt Franklin  
(Photo: Franklin Collection)

### **Mt Franklin Fried Rice\*** *Stan Goodhew*

#### *Ingredients*

2 eggs - well beaten	½ cup surprise peas (dry) - soaked 10 minutes in water
2 rashers bacon	½ cup sliced spring onions
rice	soy sauce to taste

#### *Method*

Boil rice until cooked. Add peas for last 5 minutes of cooking. Rinse.

Dice bacon into small cubes. Fry to brown. Keep the hot fat. Add the eggs and stir well to break up.

Toss in cooked rice and peas, and stir through gently. Add soy sauce, stir through the spring onions and serve.



## RUMBLE IN THE JUNGLE THEMED DINNER 2009

### Chicken Makhani - Butter Chicken *Niti Saraf*

#### *Ingredients*

800 g chicken	1 Tbs. lemon juice
1 tsp. paprika	salt

#### *Marinade*

1 cup Greek yoghurt	2 Tbs. finely chopped garlic
½ tsp. garam masala	2 Tbs. butter
1 tsp. paprika/chilli	1 Tbs. finely chopped ginger
2 Tbs. lemon juice	1 Tbs. oil

#### *Makhani gravy*

20 g butter	1 tsp. green chillis, chopped
1 Tbs. ginger - finely chopped	dried fenugreek leaves - ½ tsp
½ tsp. garam masala powder	1 Tbs. paprika
1 Tbs whole garam masala (1 stick cinnamon, 3 cloves, 1 black cardamom pod, 3 green cardamom pods)	
400 g tomato puree	1 Tbs. finely chopped garlic
2 Tbs. honey/sugar	¼ cup fresh cream

#### *Method*

Cut into bite-size pieces and rub chicken pieces with lemon, spice and salt. Leave for 30 minutes. Cook in 200°C oven 10-12 minutes.

Mix all marinade ingredients, apply to chicken pieces and refrigerate for 3-4 hours (or use 3 tbs Sharwood's Tandoori paste).

#### *Gravy*

Heat butter and fry whole garam masala until sizzling. Add garlic, ginger and greens and cook 2 minutes. Add tomato, honey and paprika and ½ cup water and simmer 10 minutes. Add cooked chicken - simmer for 5 minutes, add cream just before serving. Serve with naan or paratha bread or rice.

### Beans Foogath *Niti Saraf*

#### *Ingredients*

500 g beans	2 Tbs. shredded coconut
200 g onion	1 green chilli
1 tsp. chopped garlic	½ tsp. turmeric
Salt to taste	1 tsp. chilli flakes
1 Tbs. oil	

#### *Method*

Process onions, garlic, turmeric, coconut to paste. Add oil to saucepan - add chilli flakes and fry briefly, then add onion paste and cook for 3-4 minutes, add beans and cook for 10 minutes.

## **Kidney Beans** *Niti Saraf*

### *Ingredients*

250 g dry kidney beans (soaked overnight), boiled with salt till soft

2 small grated onions

### *Whole garam masala*

½ tsp. turmeric	1 stick of cinnamon
3 cloves	1 black cardamom pod
3 green cardamom pods	1 bay leaf
1 Tbs. coriander powder	
1 Tbs. chopped ginger	4 cloves garlic
2 chopped tomatoes	dry fenugreek leaves
2 Tbs. oil	

### *Method*

In a heavy bottomed pot add oil, grated onions and whole garam masala till onions turn light brown. Add chopped ginger and garlic and stir for 4-5 minutes. Add tomatoes and roast till oil leaves the mixture. Add the turmeric and paprika in 2 tbs water and add to the mix. Stir for 5 minutes till oil takes on the colour of the turmeric and paprika. Add the cooked kidney beans and stir. Add the coriander powder and cook for 10 minutes. Add fenugreek leaves and fresh coriander before serving.

## **Pea and Potato Curry** *Niti Saraf*

### *Ingredients*

500 g potatoes                      500 g frozen peas  
Other ingredients as per kidney bean recipe above

### *Method*

Same as above kidney bean recipe except use potatoes and peas instead of beans, and add to the cooked paste. Omit fenugreek leaves.

## **Jungle Rumble Beef Stew** *Yvette Lejins*

### *Ingredients*

1 heaped Tbs. each cumin	2 tbs. olive oil and coriander seeds
2 medium red onions - roughly chopped	3 medium red chillis - deseeded and finely chopped
6 crushed garlic cloves	1 heaped Tbs plain flour
220 g chopped tomatoes	450 ml brown ale (Guinness or stout)
150 ml red wine	350 g red sweet potato - peeled and cubed
225 g fresh sweet corn (2 cobs)	1 red capsicum - deseeded and chopped
salt and freshly ground pepper	900 g braising steak, cubed

### *Method*

Dry roast spice seeds until toasted and crush to powder with mortar and pestle. Brown meat till well browned and crusty in 1 tbs oil. Remove to plate.

Add remaining oil, and fry onions, chilli and garlic until browned at edges. Add flour and stir to soak up juices. Add roasted spices, meat, tomato, ale and wine - season and stir well, bring to simmer and transfer to 150°C oven for 2 hours. Add vegetables, stir and return to oven for 45 minutes. Serve with rice, and red-onion salad - 1 medium red onion (thinly sliced), grated zest and juice from 2 limes, 3 tbs chopped fresh coriander - marinate for at least 15 minutes before serving.

## MORNING AND AFTERNOON TEAS



A well earned morning tea break at 2008 Perisher Work party features Wayne's scones (Photo: Angela Ivanovici)

### Wayne's Grandma's Scones *Wayne Puckett*

(Wayne always makes these scones and rock cakes for members at the Perisher Work Parties. Both are his Grandmother's recipes - he cooked these with her from the tender age of 10. They are a favourite of Linda Puckett's dad.)

#### *Ingredients*

1 kg good quality self-raising flour                      milk  
600 ml thickened cream (do not add water, cream lightens dough)  
3 Tbs. sugar                                      2 pinches salt (sweetens mix)

#### *Method*

Sift flour - keep 50 g spare. Add salt, sugar, cream - stir with knife. Add milk to empty cream bottle (about  $\frac{1}{4}$ ) - mix with knife until solid consistency, ensuring most flour is absorbed. Push to 1 side of bowl - lightly flour the remaining side of bowl. Push mixture to floured side & flour remaining side. Push mix to second floured side.

Lightly knead and fold out to floured board. Gently fold mix to centre with floured fingers for about 1 minute. Turn mixture over and gently round by hand - mixture is at correct consistency when it springs back on pushing.

Flatten by hand to half the thickness.

Gently roll out with rolling pin to  $\frac{1}{3}$  remaining thickness.

Cut to 3 cm squares. Bake at about 180°C till lightly browned. Immediately remove and place on tea towelled dish. Cover to complete cooking for further 10 mins out of oven. Can also cook remaining bits - for shorter time.

Serve with white tea/hot drinks unaccompanied by jam or cream - the perfect way to spoil a good scone is to add anything to it.



Wayne supervises Ariel rolling the scone dough (Photo: Angela Ivanovici)

## **Rock Cakes** *Wayne Puckett*

### *Ingredients*

1 kg good quality self-raising flour  
3 Tbs. softened butter      1 egg  
3 Tbs. sugar                  6 small snack packs sultanas or  
   other favourite dried fruits  
600 ml thickened cream    2 pinches salt (sweetens mix)

### *Method*

Knead the softened butter. Stir flour with knife several times while adding butter. Knead about 2 mins. Add the dried fruit, egg and stir in with thickened cream.

Add 1 cream container of milk til consistency of mix runs steadily run off the spoon.

Add spoonfuls onto buttered tray. Bake (180°C) only till firm to touch. Sprinkle liberally with caster sugar. Leave uncovered. Serve after 5 minutes.



Rock cakes hot out of the oven (Photo: Angela Ivanovici)

## **No-fuss Blueberry/Mixed Berry Muffins** *Yvette Lejins*

### *Ingredients*

2 cups self-raising flour, whole-meal  
½ cup caster (or raw) sugar    ⅓ cup vegetable oil  
2 eggs                                  1 cup light sour cream  
1 cup blueberries, raspberries or mixed berries

### *Method*

Combine flour, sugar, eggs, oil and light sour cream. Mix well. Sprinkle in the berries. Spoon into muffin or mini-muffin pans. Bake in preheated 180°C oven for 20-30 minutes or till cooked through and golden. Inspired by Donna Hay's 'Off the shelf', 2001.

## **Mt Franklin Cocoa Brownies** *Bev McLeod*

### *Ingredients*

200 g butter – just cut the block by estimation  
1 cup SR flour                                  2 cups soft brown sugar  
2 eggs (preferably extra large)    1 tsp. vanilla essence  
½ cup cocoa powder – NOT chocolate drinking powder

### *Method*

Melt butter in a large saucepan on low heat. As it starts to melt add brown sugar and cocoa and stir until butter is melted and everything is mixed together.

Remove from heat and when it is comfortable to put in a finger add the eggs and stir vigorously.

Add the flour and vanilla and stir well.

Line a slice tin (I like to use one larger than the 273 mm x 175 mm x 32 mm recommended) with baking paper, extending it above the sides. Pour in the wet mixture ensuring it spreads to all corners.

Bake at 180 degrees in an ordinary oven or 160 degrees fan-forced for 25 minutes. The mixture will well up at the sides and sink in the middle. Cool for about 10 minutes before attempting to cut it. It is meant to be a bit "wet" inside. Can be dusted with icing sugar.

## SWEET ENDINGS

There is usually not much room for dessert after the sumptuous appetizers, mains and wine. But, just in case you have a hankering for something sweet, here are a few ideas.



An easy dessert assembled by Jeremy - supervised by Wayne and Ariel (Photo: Angela Ivanovici)

### Fast Fruity Mini Pavlovas *Jeremy Lucas*

#### *Ingredients - per person*

- 1 mini pav per person (supermarket)
- 1 Tbs. frozen mixed berries (thawed and sweetened to taste)

#### *Method*

Place pavlova on dessert plate. Top with fruit. May be served with icecream or thick cream.

### Hot Choc Fudge Pudding *Tanya Mark*

#### *Ingredients - per person*

- |                |                                   |
|----------------|-----------------------------------|
| 1 cup SR flour | $\frac{3}{4}$ cup sugar           |
| 2 Tbs. cocoa   | $\frac{1}{2}$ cup milk            |
| 1 tsp. vanilla | 1 Tbs. melted margarine or butter |

$\frac{1}{2}$  cup chopped walnuts (optional)

#### *Topping*

- |                               |                         |
|-------------------------------|-------------------------|
| $\frac{3}{4}$ cup brown sugar | $\frac{1}{4}$ cup cocoa |
| $1\frac{3}{4}$ cup hot water  |                         |

#### *Method*

Sift dry ingredients together. Add milk, vanilla and melted butter, mix until smooth. Add nuts and mix well. Pour into deep greased 5 cup ovenproof dish.

Mix brown sugar and cocoa. Sprinkle over top of pudding mixture. Pour hot water over the top of pudding. Bake at 190° C for 50-55 minutes.

Serve with custard and ice cream.

#### *Microwave*

Place all pudding ingredients into cooking container, mix until smooth. Pour on topping. Cover and cook on 70% (medium) power for 13 minutes.

Serves 4 people.

Perisher Lodge kitchen in action (Photo: Jenny McLeod)

**Mixed Fruit Crumble** *Angela Ivanovici, Jenny Kelly, Monika Binder*

*Ingredients*

1 quantity mixed fruit (left over late in stay) - apples, pears, bananas, berries – peeled/cleaned and diced

1-2 tsp.sugar                      3 cloves or ½ tsp. cinnamon  
or nutmeg

¼ cup wholemeal self raising flour (plain OK)    ¼ cup rolled oats (or muesli)

¼ cup chopped almonds or nuts of choice    ½ cup brown sugar

2 Tbs. butter                      ice cream, cream or custard  
for serving

*Method*

Preheat oven to 180°C. Spread peeled and diced fruit in baking dish and sprinkle sugar and spices over.

Rub butter into flour with fingertips. Add brown sugar, oats and nuts and rub through. Sprinkle evenly over fruit.

Bake for 25 to 30 minutes.

Serve hot with ice cream, custard and /or cream.



Jenny McLeod, Tony Bolt, John Tilley, Alan Bagnall and Amanda East cutting CAC's 70<sup>th</sup> anniversary cake (Photo: CAC Collection)

**Apple Puff Pastry Parcels** *Angela Ivanovici*

*Ingredients*

4 baking apples

1-2 tsp. sugar                      ½ tsp. cinnamon or nutmeg

2-3 sheets puff pastry            ¼ cup crushed nut (pecans, almonds)

milk for brushing                ice cream, cream or custard  
for serving

*Method*

Preheat oven to 200°C. Core the apples.

Fill with a mix of the sugar, spice and nuts. Place apple in middle of a square of the puff pastry, and seal the pastry around each apple to completely encase it. Use pastry off cuts to decorate the top. Brush lightly with milk.

Bake in hot oven until pastry is golden (about 30-40 minutes. Serve with cream or icecream (optional).



## **Fresh Fruit with Chocolate Dip** *Tanya Mark*

### *Ingredients*

#### *Chocolate Dip*

1 cup evaporated milk                      150 g milk or dark chocolate,  
broken into small squares

*Fruit selection* - apples, mandarins, pears, strawberries,  
kiwi fruit, oranges

250 g large strawberries,              2 small ripe pears, quartered  
hulled                                      lengthways, cored and cut  
into wedges

2 ripe kiwifruit, peeled and              2 navel oranges, peeled and  
quartered lengthways                      cut into wedges

### *Method*

#### *Chocolate Dip*

Heat evaporated milk in a small saucepan over low heat until simmering. Remove from heat and add chocolate. Stir until smooth. Pour warm chocolate into small serving bowls for dipping. (Can use Dunk-'ems choc dipping sauce.)

#### *Fruit*

Arrange chopped fruit on a serving plate. Serve with chocolate dip.

## **Coconut Cake** *Paul Dugdale*

### *Ingredients*

2 cups SR flour  
1 cup shredded coconut  
1 cup sugar  
2 eggs  
1 tin coconut cream (NOT milk or low fat)

few drops vanilla essence

### *Method*

Mix all ingredients in a bowl with a fork. Scrape into well greased cake tin. Bake at 175C for one hour. Serve with cochineal coloured icing dusted with shredded coconut.



Balmain Cup 1957 - CAC competitors at Franklin having a break. L-R: Bruce Bray, John Foweraker, George Haynod, Keith Storey, Bryan Haig. Photo: Franklin Collection (Keith and Shirley Storey)

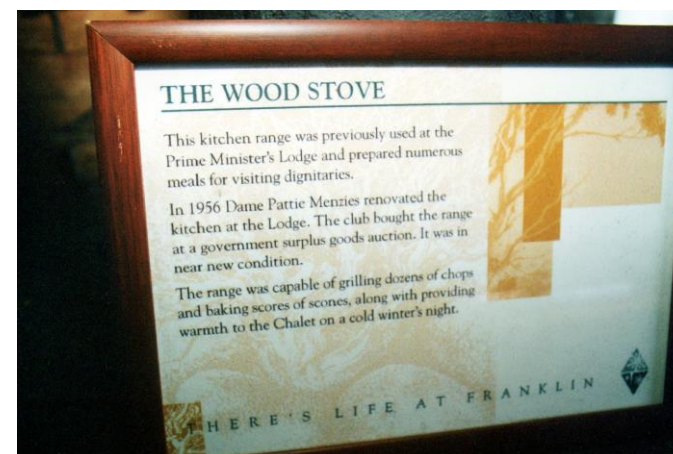


Photo: Franklin Collection (Helen Fallow)