

Martin Free

# Kindergarten



# Foreword

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The recipes published in this book have been compiled from over 800 well tried recipes given to us by 80 people who are, or have been, associated with our Kindergarten.

We wish to take this opportunity of thanking most sincerely those who have contributed the published recipes, and also those people who supplied recipes that we have not been able to print through lack of space.

To the advertisers who have taken space in this book we also offer our thanks — their support and the enthusiastic efforts of our very capable Director, Miss Jan Stewart, the members of our Mothers' Club and of the Kindergarten Council, have made this important project an unqualified success.

The "Cook Book" cover was designed by Mr Bruce Rennie and we are very grateful for his appropriate contribution.

The funds raised from the sale of these books will be used to still further improve the standard of our Kindergarten buildings and equipment.

We are confident that this book will be welcomed by all lovers of home cooking, and we sincerely hope that you will all find recipes in it that become firm favourites with your family.

*JOHN R. WILLIAMS,*  
*Chairman,*

*Matton Free Kindergarten Council.*

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## CHEESE BUNNIES

Serves Four.

- |                             |   |
|-----------------------------|---|
| 4 Hamburger buns            | Salt & Pepper                           |
| 4 Eggs                      | 4 large thin slices of processed Cheese |
| 4 teaspoons Tomato sauce    |   |
| 2 tablespoons melted Butter |   |

Preheat oven to 350°. Shelf at middle. Use a biscuit cutter to remove the inner section of the hamburger buns, leave  $\frac{1}{4}$  inch thick at bottom. Brush with melted butter. Slip a whole unbroken egg into each cavity. Season with salt and pepper. Bake at 350° for 10 minutes.

Spoon a teaspoon of tomato sauce on each egg, and completely cover hole with slice of danbo cheese. Return to oven and bake for approx. 5 minutes more or until cheese starts to melt. Serve hot in a folded napkin.

## CHEESE AND ONION PIE

- |                                  |                             |
|----------------------------------|-----------------------------|
| 6 oz. shortcrust Pastry          | 2 tablespoons Milk          |
| 2 medium-sized par-boiled Onions | 1 tablespoon seasoned Flour |
|                                  | 3-4 oz. grated Cheese       |

Divide the pastry in half and roll out one part to cover a heat-proof plate. Slice the onions finely, dip into seasoned flour, place on the pastry and add the cheese and milk. Cover the pie with the rest of the pastry, cut into strips and worked lattice fashion over the top. Bake in a moderately hot oven (425°, mark 7) for about 40 minutes, till the onion is tender.

Alternatively, mix the onions with a little white sauce, well flavoured with cheese, sprinkle with grated cheese and finish as above. Serve hot. This is a good luncheon dish. It is also very nice cold for picnics, etc.

## CHEESE SAVOURY

Serves Four.

- |                     |                |
|---------------------|----------------|
| 1 cup grated Cheese | 1 rasher Bacon |
| 2 slices Bread      | 2 Eggs         |
| 1 cup Milk          | 1 Tomato       |

Butter bread to fit a pyrex dish. Scatter over half of cheese. Chop bacon and add. Beat eggs, add cheese. Pour over bread, etc. Slice tomatoes on top. Dot with butter and bake  $\frac{1}{2}$  hour at 350°.

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## SAUSAGE MEAT-LOAF

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 lb. Sausage meat                   | 2 Eggs                          |
| 1 cup Milk                           | 2 large cups fresh Bread-crumbs |
| 1 small Onion                        | 1 rasher Bacon                  |
| 1 teaspoon Salt                      | Pepper to taste                 |
| 1 teaspoon mixed Herbs<br>(optional) |                                 |

Beat eggs, add milk and fried onion, salt and pepper and then breadcrumbs and bacon. Mash meat in well with a fork. Bake in moderate oven (350°) in loaf tin for 1½-1¾ hours. Nice when cold.

## SAUSAGE CASSEROLE

(Carol Knight)

- |                       |                            |
|-----------------------|----------------------------|
| 1 lb Sausages         | 2 tablespoons Flour        |
| 2 tablespoons Vinegar | 2 tablespoons Tomato sauce |
| 1 tablespoon Sugar    |                            |

Boil sausages in water to remove fat. Mix remaining ingredients together and pour over sausages. Cover with water and cook in moderate oven for 1 hour. Vegetables may be added if desired.

## SAUSAGE HOTPOT

- |                    |                           |
|--------------------|---------------------------|
| 3 Kidneys          | 1 lb. Chipolata Sausages  |
| ½ lb. Mushrooms    | 1 tablespoon Tomato puree |
| 1 oz. Flour        | 1 large Onion (chopped)   |
| 4 rashers Bacon    | Salt & Pepper             |
| 1 oz. Fat          | ¾ pint Stock              |
| 1 teaspoon Parsley | 1 small pkt. frozen Peas  |

Skin and chop kidneys and toss into flour to coat. Melt fat in frying pan. Add sausages and onion and fry gently till brown. Add kidneys and fry till brown. Stir in stock and bring to boil. Add trimmed and sliced mushrooms, chopped bacon, tomato and seasoning. Simmer 20 minutes. Cook peas, drain and add just before serving. Garnish with parsley.

## SAUSAGE MEAT BALLS IN SAUCE

(A. A. Steven)

- |                           |                      |
|---------------------------|----------------------|
| 1 lb. Sausage meat        | 1 Egg                |
| ½ cup fine Breadcrumbs    | 1 pkt. Mushroom soup |
| 1 minced or chopped Onion | 2 cups Water         |
| 1 tablespoon Tomato sauce |                      |

Mix the meat with the crumbs, onion, sauce and egg until even, then shape into 8 balls. Place in a layer in a baking dish. Mix soup powder with water and pour over the meat balls. Cover and cook at 350° for 1 hour. Remove cover and cook for further 15 minutes.