

otumoetai
kindergarten



recipe book

On behalf of the 1986 Committee, I have pleasure in presenting this Recipe Book to mark the 21st Anniversary of the Otumoetai Kindergarten.

Funds provided from the sale of this Book will be used towards updating our present Adventure Playground.

We are extremely grateful to our Parents, Committee, sponsors and to teachers - Marion Proud and Kathryn Morris - all who have contributed their time and favourite recipes.

We thank you all for your support and wish you "Bon Appetit".

Karen Henderson

Karen Henderson
PRESIDENT - 1986

contents

			<u>Pages</u>
SOUPS/ENTREES	4- 7
LUNCHEON	8-14
MEAT	15-30
FISH	31-36
POULTRY	37-43
INTERNATIONAL	44-54
DESSERT	55-62
MICROWAVE	63-69
DINNERPARTY	70-82
SPEED	83-84
HEALTH FOODS	85-88
HOME COOKERY	89-96
CHILDREN'S CORNER	97-99
WEIGHT CONVERSION TABLE	100

soups entrees

CREAMY ONION AND CORN SOUP

(Serves 3-4)

30 g Butter	1 Onion sliced
70g Pkt Creamy Onion soup	
440g Creamed Corn	3 cups water
1 Tbsp chopped chives	1 tsp dark soy sauce

Melt butter in pot, saute onion till soft. Stir in dry soup mix, water, corn and soy sauce. Bring to boil, reduce heat, simmer 5 minutes. Sprinkle with Chives.

FRENCH ONION SOUP

(Serves 4-6)

Rosemary Granger

4 med. white onions thinly sliced	50g butter
1 Tbsp flour	1 tsp sugar
6 tsp Maggi Beef Stock dissolved in 4½ cups boiling water	Freshly ground black pepper
Rounds of French Bread	½ cup dry white wine
	Grated gruyere or cheddar cheese

Saute onion rings in butter until soft. Sprinkle sugar over the onions and continue frying over low heat, stirring until golden. Sprinkle the flour and black pepper to taste over the onions and stir 1-2 mins. Slowly add stock, wine and cook, stirring until nearly boiling. Cover and simmer on low heat for 30 mins.

P.T.O.

contd/

Lightly toast bread, sprinkle generously with cheese and grill. Arrange the bread in bowls and pour over the hot onion soup. Serve with French herbal or garlic bread.

PUMPKIN SOUP

Jannine Anton

2lb or ½ Pumpkin	2 onions
2 Potatoes	2 sticks celery
3 cups water	2 tsp salt and pepper to taste

Peel and chop pumpkin, cover with water and cook until tender. Put through whiz or mash. Add tsp nutmeg and half pint milk.

PUMPKIN SOUP

1 kg (2lb) Pumpkin	Salt and pepper
750g (1½lb) Tomatoes	Water
500g (1lb) Onions	2 Chicken stock cubes
2 slices Ham	

Peel pumpkin and cut into pieces, skin tomatoes peel and chop onions. Put all vegetables in pan and cut up ham. Add water to cover, stir in crumbled stock cubes. Bring to boil, reduce heat, simmer until pumpkin is tender. Puree or rub through a sieve. Season to taste. Garnish with a little sour cream and chopped chives.