

**QUEENSPARK  
KINDERGARTEN**

**COOKBOOK**

**1992**





This cookery book is compiled by the children and parents of the **QUEENSPARK KINDERGARTEN**. In it we share with you some of our favourite, tried and true recipes and hints. Thank you for sharing with us, through your support, an interest in the pre-school education of the children in this area.

**Editors' Note**

Our apologies to those whose recipes and photos are not included owing to duplication or limited space.

**ACKNOWLEDGEMENTS:**

- Cavell Leitch Pringle & Boyle
- Bind-A-Book

# CONTENTS

Page

1	<b>FOOD AND FUN FOR CHILDREN</b>
7	<b>STARTERS AND SOUP</b>
11	<b>LUNCHEON AND SAVOURY DISHES</b>
19	<b>VEGETABLES AND SALADS</b>
23	<b>MEAT, POULTRY AND FISH</b>
37	<b>DESSERTS - HOT AND COLD</b>
49	<b>BISCUITS, SLICES, CAKES, SCONES, PASTRIES</b>
78	<b>MICROWAVE DISHES</b>

• • • • •



\* \* \* \* \*  
\* \* \* \* \*  
\* \* \* \* \*  
\* \* \* \* \*  
\* \* \* \* \*

# FOOD AND FUN FOR CHILDREN

## PLAY DOUGH

1 cup water  
1 cup flour  
1/2 cup salt

2 tsp cream of tartar  
1 tbs oil  
food colouring

Mix together and cook either in a saucepan or microwave until right consistency. Keeps very well in a plastic bag or icecream container.  
DO NOT REFRIGERATE.

NATASHA GRAHAM

## HOMEMADE MUESLI

6 cups rolled oats  
2 cups wheatgerm  
2 tbs milk powder (optional)

3/4 cup bran  
3/4 cup sugar

Stir well altogether in roasting tray. Cook for 30 minutes at 170-180 deg C. Stir every ten minutes. Cook until crunchy.

CARL SMITH

*To peel a hardboiled egg successfully, cover with cold water and leave for five minutes after cooked.*



## COCONUT CHEWS

1 tin condensed milk  
1/2 bag sultanas  
(To make chocolate balls, add 2 tbs cocoa)

3/4 pkt coconut

Mix all ingredients in bowl. Roll into balls and place on cold greased tray.  
Cook at 150 deg C for 20 - 25 minutes.

AJAY & ANDREW DAVIES

## FRUIT BALLS

4 oz butter  
4 oz sugar

2 - 3 tbs milk

Bring to boil. Remove from heat and add 5 - 6 tbs skim milk powder.  
Beat well then add the following:-

1 cup coconut  
1 cup sultanas

2 cups weetbix (4 crushed)  
Vanilla essence

Roll into balls then roll in coconut. Keep chilled.

SARAH SCULLION

## BERYL'S LOLLY CAKE

125 g butter  
1/2 tin condensed milk

1 pkt malt biscuits  
1 pkt Fruit Puffs or Eskimos

Melt butter and add condensed milk. Cut up lollies and crush biscuits.  
Add all ingredients together and shape into a log. Roll in desiccated coconut then wrap in Glad Wrap. Leave in fridge overnight.

JOSHUA TASI

*We may live without friends, we may live without books but the civilized man cannot live without cooks*

## CHOCOLATE CRUNCH

1 cup flour  
4 oz butter  
1 tsp baking powder

1/2 cup sugar  
1 tbs cocoa  
pinch salt

Melt butter, add to dry ingredients and mix. Bake in moderate 180 deg C oven for 20 minutes.

ANDREW HUMM

## CLUB FUDGE

150 g butter  
1 cup sugar  
2 cups flour  
1 cup crushed weetbix

1 tbs golden syrup  
1 tbs cocoa  
1/2 cup sultanas

Grease a sponge roll tin. Melt butter and golden syrup. Sift flour and cocoa into bowl. Add sugar, weetbix and sultanas. Add butter and golden syrup and mix well together. Press into sponge tin and bake at 180 deg C for 10 - 15 minutes. When cold, ice with chocolate icing.

JOSHUA TASI

## PEPPERMINT CREAMS

10 oz icing sugar (maybe more)  
1 egg white, stiffly beaten

1 tsp peppermint essence

Mix above ingredients well and form into balls. Place in freezer while you make covering.

4 oz butter  
4 tbs milk  
2 tbs cocoa

6 oz sugar  
2 cups rolled oats  
1 tsp vanilla essence

Mix butter and sugar, then add all other ingredients. When balls are firm, coat in chocolate mixture and roll in coconut. Place in fridge.

NICOLE ENDACOTT

*Add mustard to washing up water to remove the odour of fish*







## MARbled CHOCOLATE TART

225 g pkt plain sweet biscuits  
3 tsp gelatine  
2 eggs, separated  
1/4 cup rum  
2 lbs icing sugar  
375 g dark cooking chocolate, broken into small pieces  
125 g butter or margarine, melted.

1 tsp cinnamon  
1/2 cup sugar  
1 cup milk  
1 cup whipped cream  
1 tsp vanilla essence

Crush the biscuits into fine crumbs. Place into bowl and stir in cinnamon and melted butter until thoroughly combined. Press over base and sides of a greased 23 cm spring form tin. Bake in moderate 180 deg C oven for 15 minutes then put aside until cold.

Place gelatine in the top of a double saucepan with 1/4 cup of sugar, beaten egg yolk, milk, rum and chocolate. Stir over the simmering water until all the chocolate has melted and the mixture thickens. Remove from heat and put aside until cold.

Beat egg whites until stiff, but not dry, and gradually beat in remaining sugar and continue beating to the consistency of meringue. Fold into the chocolate mixture. Fold the icing sugar and vanilla essence into the whipped cream. Put alternate spoonfuls of both mixtures into the crumb crust. Swirl with a spatula and then chill in fridge until firm.

MATTHEW TREVATHAN

## PAVLOVA

2 Egg whites  
1 1/2 cups castor sugar  
1 tsp vanilla  
4 lbs boiling water

Pinch of salt  
2 tsp cornflour  
1 tsp vinegar

Place all ingredients in bowl and beat for 15 minutes. Spoon onto baking tray covered with wet grease-proof paper or foil. Bake 10 minutes at 150 deg C. Reduce heat to 100 deg C for 45 minutes. Cool on rack.

NB. To make pavlova less sugary, make sure sugar is properly dissolved.

SEAN MORGAN

*A spare teapot make a very useful watering can for pot plants.*

## JELLY WITCH PIE

250 g pkt whole wheat biscuits  
75 g butter  
240 g tin unsweetened peach slices

1 pkt jelly  
1/2 bottle cream

Place biscuits into plastic bag and crush. Melt butter in saucepan and stir in biscuits. Press mixture into 17 cm flan tin. Leave in cool place until firm. Drain juice from peaches and arrange slices on pie crust. Mix up jelly and leave to cool until syrupy. Pour into pie crust and chill until set. Garnish with whipped cream.

CORBIN CHILD

## PEAR AND GINGER UPSIDE DOWN PUDDING

Family's all-time favourite

4 lbs golden syrup  
Approx 6 glace cherries  
4 oz castor sugar  
6 oz self raising flour  
A little milk

850 g can pears  
4 oz soft margarine  
2 eggs  
2 tsp powdered ginger  
2 tsp cornflour

Grease a 20 cm round cake tin. Heat the syrup and pour into the tin to cover the base. Drain pears and retain juice. Arrange the pears and glace cherries in the syrup, rounded side up. Cream the margarine and sugar together until light and fluffy. Beat in the eggs and finally stir in sieved flour and ginger. Add a little milk to give a dropping consistency. Spread the mixture over the fruit and cook for 45 - 55 minutes at 180 deg C until golden brown and firm to touch. Turn out on serving dish and serve with pear juice made by blending the cornflour with a little juice and heating the rest of the juice to boiling point, stirring all the time.

GEMMA NANCOLLIS

*To keep cotton reels tidy in your sewing box, slip them on to an old knitting needle. Put a cork on the pointed end to make sure that the reels do not fall off.*