



**TEMPLETON FREE KINDERGARTEN**

**10th ANNIVERSARY**

**COOK BOOK**

**Thank you very much for your support in buying this Recipe Book.**

**All the recipes which have been kindly submitted by past and present parents, past and present Committee and past and present Staff of the Templeton Free Kindergarten are tried and true. Thus making this book a most useful asset in any kitchen.**

**Proceeds from the sale of this book will go towards new equipment and resources within our Kindergarten.**

**Our grateful thanks go to all those people who had a hand in compiling this Book.**

**1993 Committee Members  
Templeton Free Kindergarten**

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## COCONUT BISCUITS

1 cup sugar  
1 egg  
1 1/4 cups self raising flour

125 gms butter  
coconut

Mix flour and sugar in a bowl, then add melted butter and beaten egg. Mix well and form into small balls, roll in coconut, place on a greased tray allowing room to spread.

⌚ Bake in a moderate oven for 10-15 minutes. *Loosen and leave on tray until cold.*

## COFFEE FLAVOURED BISCUITS

4 oz butter  
5 oz flour  
1 tsp vanilla essence  
Chocolate chips or small pieces of chocolate

4 oz sugar  
1 tsp coffee essence or instant coffee  
1 tsp baking powder

Cream butter and sugar, add essences then dry ingredients. Roll into balls, flatten and place chocolate pieces or a few chocolate chips on top of each. Press lightly into biscuits.

⌚ Bake slowly - about 20 minutes at 300°F (180°C).  
*Also nice using Milo instead of coffee.*

## CRISPIES

8 oz butter )  
1 1/4 cups sugar ) cream together  
1 tbsp condensed milk )

Add 1 egg, 1 tsp vanilla, 2 cups flour, pinch salt, 2 tsps baking powder, 1/2 tsp baking soda, 1 cup coconut, 2 cups cornflakes.

⌚ Cook in moderate oven till golden brown.  
*Makes approximately 50. Freezes well.*

## GINGERBREAD MEN

1 tbsp water  
3 oz soft brown sugar  
2 tsps golden syrup  
2 tsps ground ginger

1 tbsp black treacle  
1/2 tsp baking soda  
90 gms margarine  
9 oz plain flour

Bring to boil, sugar, treacle and water, stirring all the time. Remove pan from heat and stir in margarine and soda. Then stir in flour and ginger to make a smooth dough. More flour may be needed. Refrigerate for 30 minutes. Then roll out and cut into gingerbread men.

⌚ Bake at 180°C for 10 minutes.

## GINGERNUTS

Cream 4 oz of butter and 4 oz sugar. Add 1 egg and 1 tbsp golden syrup. Mix well. Add 8 oz flour, 3 small tsps ground ginger, 2 small tsps mixed spice, 1/2 tsp baking soda, 1 tsp baking powder. Mix well. Roll teaspoonfuls into balls. Do not flatten. They will flatten and crack.

⌚ Bake at 350°F for 15 minutes.

## HEDGE HOGS

4 oz butter  
6 oz flour  
1 cup chopped dates, raisins or sultanas  
1 tsp baking powder

4 oz sugar  
3 oz coconut  
2 eggs  
drop of vanilla essence

## QUICK BISCUITS

### Melt

4 oz butter	4 oz sugar
1 tsp baking soda	1 tbsp milk
1 dsp golden syrup	

### Add

½ lb flour	essence
fruit or nuts	

Roll into small balls place on oven tray and flatten with fork.

⌚ Bake 15-20 minutes at 350°F.

## SHORTBREAD

½ lb butter	½ cup cornflour
1½ cups flour	¼ cup icing sugar

Cream butter and sugar. Add dry ingredients. Roll out on icing sugar. Cut into biscuits.

⌚ Bake at 300°F for 15 minutes.

## SULTANA BISCUITS

4 oz butter	1 tbsp milk
4 oz sugar	1 tbsp golden syrup
8 oz flour	½ tsp baking soda
½ cup sultanas	nuts optional

Put butter, sugar, milk, baking soda and syrup in saucepan and bring to simmer. Mix in flour and fruit.

⌚ Bake 10 minutes at 350°F.

# Slices

## BRAZIL NUT SQUARE

### Base

125 gms butter	½ cup sugar
1 tsp baking powder	1 cup flour
70 gms Brazil Nuts cut length ways	2 eggs

### Topping

50 gms butter	1 tsp spice
¼ cup brown sugar firmly packed	

### Lemon Icing

**Base** Cream butter and sugar add eggs and sifted dry ingredients. Spread into a sponge roll tin. Cover with the sliced brazil nuts.

**Topping** Melt butter, add brown sugar and spice. Pour over mixture and nuts already in tin.

⌚ Bake about 20 minutes at 190°C.

Allow to cool, cover with lemon icing and slice into squares.

## CARAMEL NUT SLICE

### Base

25 gms butter	1 cup white sugar
1 cup coconut	1 cup self raising flour

## ☒ SILVERBEET QUICHE (no pastry)

¼ cup melted butter  
 3 large eggs - beaten and seasoned with salt and pepper  
 1 finely chopped onion  
 1 cup grated cheese  
 ¼-½ cup self raising flour - added last  
 approximately 4 silverbeet leaves chopped

Optional - you may also add:

tomato	more grated carrot
pineapple	chopped mushrooms
chopped bacon or ham	

Put everything (except flour) into a large bowl and mix well. (Can omit or add anything to this recipe). Mix flour in last. Put into flan dish - mixture approximately 1" thick.

☉ Bake at 180°C (350°F) 20-30 minutes - until set and brown on top. Can be warmed up again.

## ☒ SPICED SAUSAGES

*(yummy with mashed potato)*

Boil sausages for 10 minutes then slice small. Put in casserole dish, add onion, grated carrot, celery, cauliflower and 1 chopped apple.

Sauce

2 tbsps flour	1 tbsp sugar
2 tbsps vinegar	2 tbsps tomato sauce
1 heaped tsp ground cumin powder	

Mix sauce ingredients together and add 2 cups boiling water. Stir well, pour over sausages and vegetables in casserole.

☉ Cook for 1 hour at 300°F.

## ☒ SPINACH CHEESE BAKE

1 cup brown rice	200 gms tasty cheese <i>grated</i>
2 large bunches spinach	2 large onions
2-3 cloves garlic <i>crushed</i>	1-½ cups milk
100 gms butter	salt and pepper
4 tbsps plain flour	wholemeal breadcrumbs <i>opt</i>

Cook rice in 2 cups water until water is evaporated. Chop spinach finely and steam until limp. Saute onions and garlic in butter until golden. Add flour and milk gradually. Cook until thick - stirring. Add cheese and seasoning. Cook until cheese melts. Add to spinach and rice. Put in greased casserole. Sprinkle with breadcrumbs if desired.

☉ Cook 350°F for ½ hour.

## ☒ SPINACH SAUCE AND PASTA (YUM)

Chop bunch of spinach and put in food processor.

Add

¼ cup olive oil	½ cup grated tasty cheese
2 tbsps parsley	2 cloves garlic
½ tsp dried basil	

Heat together ½ cup boiling water and 2 tbsps butter. Add to above mixture. Whiz until smooth. Pour over hot pasta. Sprinkle with parmesan cheese.