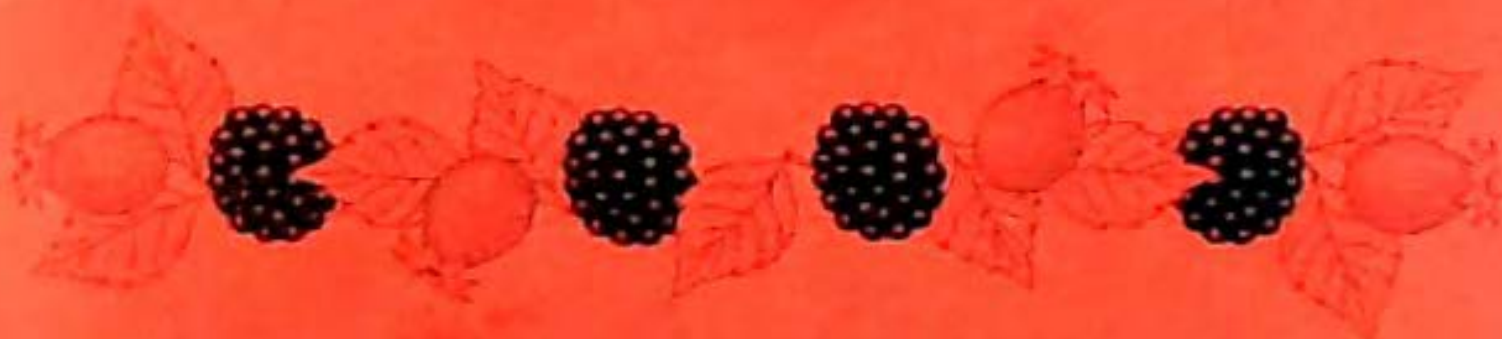


Favourite Family Recipes



**A Cook Book
From
Avonhead
Kindergarten**



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MUFFINS



APRICOT MUFFINS

Wet Mix:

- ½ c margarine
- ½ c sugar
- 2 eggs
- 1 c yoghurt or milk
- Grated rind & juice of 1 orange
- 1 c dried apricots chopped
- ½ c coconut (optional)

Dry Mix:

- 1 ½ c self raising flour

Preheat oven to 200°C and grease muffin pans. Thoroughly blend the margarine and sugar, then beat in the remaining wet mix ingredients. Fold in the flour then place the mixture in the prepared pans and bake for 25 mins. Makes 10 - 12.

Donated by Ros Mitchell

CHOCOLATE CHIP MUFFINS

- 1 ½ c self raising flour
- ¼ tsp baking soda
- ¼ tsp cinnamon
- 1 egg lightly beaten
- ½ c chocolate chips
- ½ c brown sugar
- ½ c milk
- ¼ c oil
- 1 mashed banana

Sift dry ingredients (flour, soda & cinnamon) then add sugar. Mix in a separate bowl the wet ingredients (egg, milk, oil & banana) then add to the dry ingredients. Add chocolate chips, lightly combine - do not over mix. Bake at 210°C for 20 mins in patty tins. If using muffin tins, makes about 11.

Donated by Helen Van der Meulen

PINEAPPLE & COCONUT MUFFINS

- ½ c drained crushed pineapple
- 1 tbsp melted butter
- 1 c milk
- 1 egg
- ½ tsp salt
- 1 c sugar
- 1 tsp baking powder
- 1 ½ c flour
- ½ c coconut

Mix dry ingredients together. Beat egg and milk together then add butter and pineapple and add to dry mix. Bake 200°C for 15 mins.

Donated by Kate Walsh

SAVOURY MUFFINS

- 2 c flour
- 2 tsp baking powder
- 2 handfuls chopped onion
- 2 handfuls chopped ham or bacon
- 2 handfuls grated cheese
- ½ tsp salt
- 2 eggs
- 1 c milk

Mix eggs and milk together then add to rest of ingredients. Mix lightly and put into muffin tins, filling to the top. Bake 180°C for 15 mins.

BANANA MUFFINS

- 3 large bananas
- 1 egg
- 1 tsp baking powder
- 1 ½ c flour
- ½ c sugar
- 1 tsp baking soda
- ½ tsp salt
- 75g melted butter

Mash bananas, add sugar and beaten egg then melted butter. Add wet ingredients to the dry ingredients. Gently fold together. Do not over mix. Bake at 200°C for approx 10 mins.

Donated by Helen Buckridge

SCONES/BREAD ETC.



SCONES

- 2 c self raising flour
- ½ c cream
- ½ large cup lemonade

Sift flour, mix liquids and then lightly combine. Bake at 220°C for approx 10 - 12 mins.

Donated by Helen Backeridge

PIZZA PIE BASE

- 1 level breakfast cup self raising flour
- 4 tbsp corn oil
- 4 tbsp milk
- ½ tsp salt

Mix salt with flour. Beat milk and oil together until well combined and pour into flour mixture. Mix together then knead until smooth. Roll out on floured board and line 11 inch pizza pan. Bake at 400°F.

CHEESE PUFFS

- 1 c flour
- 2 tsp baking powder
- ½ c milk
- 2 c grated cheese
- 1 egg

Optionals:

Onion, bacon, ham, parsley, tuna

Beat egg and milk together, pour into dry ingredients, add any of the above optionals. Place in greased muffin tins. Bake at 220°C for 10 - 15 mins.

Donated by the Herd Family

IRISH SODA BREAD - WHITE:

- 6 c plain flour
- 1 tsp bicarbonate of soda
- 1 c buttermilk, sour milk or fresh milk*
* if using fresh milk add 1 tsp cream tartar to dry ingredients
- 1 tsp salt

Mix all the dry ingredients together in a basin and make a well in the centre. Add enough milk to make a thick dough. Stir with a wooden spoon, the pouring should be done in large quantities, not by the spoonful. The mixture should be slack but not wet and the mixing done lightly and quickly. Add a little more milk if it seems stiff. With floured hands put onto a lightly floured board and flatten the dough into a circle about 1 ½ inches thick. Put onto a baking sheet and make a large cross over it with a floured knife. (This is to ensure even distribution of heat) Bake 375° - 400°F for about 40 mins. Test the centre with a skewer before removing. To keep bread soft, wrap up in a clean tea-towel. Makes 1 large or 2 small loaves.

BROWN: Exactly the same as above, but use 4 c whole-wheat flour and 2 c plain white flour. A little more milk is used to mix the dough. If a brittle mixture is required add 1 tbsp of melted butter to above quantities. The bread should not be cut until it is cold and set, this takes about 4 - 6 hours.

Variations: ½ c sultanas added to dough and a favourite with children is 2 tbsp black treacle (molasses) heated with the milk and 1 ½ tbsp of sugar added to white soda bread dough.

SCONES

- 3 c flour
- ½ tsp salt
- 6 tsp baking powder
- ½ c cooking oil
- 1 ½ c milk

Mix all together and knead on floured table. Should be soft but not sticky. Flatten out to about 2 ½ cm thick - cut into shapes and bake in top of oven at 225°C for 5 - 10 mins or until golden and light when lifted.

INDONESIAN LAMB KEBABS

- 2 tsp cumin, grated
- 1 tsp chilli powder
- 3 cloves garlic, crushed
- 2 cm fresh ginger, finely chopped
- 2 tsp brown sugar
- 2 tsp lemon juice
- 1/2 sm onion, grated
- 4 tbsp soy sauce
- 1 tsp lemon grass
- 1kg lamb, cut into 1 cm cubes

Combine marinade and pour over lamb. Leave for several hours or overnight. Thread onto sticks, grill brushing with oil and marinade as they cook. Serve on a bed of rice.

Donated by the Herd Family

MIXED VEGETABLES IN COCONUT MILK "THAI"

Selection of vegetables:

- Pumpkin, corgette, beans, baby corn etc...
- 1 clove garlic
- Fresh chilli or sauce
- 2 strips lemon rind
- 1 c coconut milk
- 1 tbsp fish sauce
- 1 tbsp lime or lemon juice
- 10 basil leaves

Prepare vegetables - cut into smaller pieces. Squash together garlic, chillies, lemon rind and place in pan with 1/2 c coconut milk. Fry for a couple of minutes. Add vegetables and rest of coconut milk. Simmer until tender (add water if needed). Stir in fish sauce, lemon juice and basil leaves.

Donated by Helen Baird



"JING-DU" SPARERIBS BEIJING STYLE

- 1 1/3 lbs small spareribs
- Oil for frying
- 3 tbsp cornstarch
- Marinade:
- 1/2 tbsp soy sauce
- 1/2 tsp salt
- 1 tsp sugar
- 1/2 tbsp rice wine
- 1/2 tbsp chopped garlic
- Sauce:

- 1 tbsp worcestershire sauce
- 1 tbsp tomato ketchup
- 1/2 tbsp sugar
- 1/2 tsp sesame oil
- 2 tbsp water

Combine marinade. Cut spareribs into sections and marinate for 1/2 hour approx. Before deep frying, mix with cornstarch. Heat oil and deep fry ribs for 4 mins over a medium heat, remove and re-fry for 1 min over high heat, drain well.

Heat the sauce ingredients until boiling. Add spareribs and 1 tbsp oil: toss lightly with spareribs to coat it with sauce. Once coated with sauce, drain excess sauce away and keep ribs warm in oven.

GRANDMA'S MEXICAN PORK Especially for Rachel

- 1/2 kg pork slices cut into 1-2 inch squares
- 1 tin tomatoes
- 2-4 cloves garlic, crushed
- 1 large onion, chopped
- 1 tsp chicken stock
- 1 dsp chilli con carne powder (approx)

Cover pork with water and cook for 2 hours. Add stock, tomatoes, garlic and onion, then cook until meat is tender. Thicken with a little cornflour (1-2 tsp) mixed with water. Add chilli con carne powder to taste. Cook for 5 mins then serve with brown rice.

NB: Chilli Con Carne powder can be found in the 'Cook in the Pot' range.

Donated by Fi

INTERNATIONAL FARE

MAINS

LAMB KORMAR - INDIAN



CHINESE BEEF

- 1kg rump steak (round or topside)
- 1 tbsp soy sauce
- Extra 1 tsp soy sauce,
- 1 tsp curry powder
- 1 tsp ground ginger
- 1 tsp bicarbonate of soda
- 1 tsp sugar
- Extra ½ tsp sugar,
- 1 tbsp dry sherry
- Extra 2 tsp sherry,
- 1 tbsp oil
- Extra 2 tbsp oil,
- 2 onions
- 1 red pepper
- 1 green pepper
- 1 tbsp cornflour
- 1 ½ c water
- 1 beef stock cube
- salt and pepper

- Onions
- Fresh ginger or 1 tsp ground
- 1 tsp garlic
- 1 tsp cardiman
- Pinch of salt
- 1 dsp coriander
- 1 tsp cummin
- Lamb
- 150ml yoghurt
- 150ml water
- 1 garom marvala
- ½ tsp cinnamon
- ½ tsp bay leaves, ground
- ½ tsp cloves, ground
- Pepper
- 2 oz ground almonds
- 1 tsp sugar
- squeeze of lemon juice

Fry onions, ginger, garlic, cardiman, salt, coriander, cummin and lamb for 2 - 3 mins. Add mixed yoghurt and water. Simmer for 40 mins. Add rest of ingredients. Stir in some more yoghurt to give a marble effect. Serve on rice and garnish with parsley.

Devoted by Helen Baird

"CHAI SU" ROAST PORK

- 500g pork fillet
- 2 tbsp rice wine or dry sherry
- 3 tbsp brown sugar
- 3 tbsp peanut oil
- 1 tbsp yellow bean paste
- 2 tbsp dark soy sauce
- 2 tbsp red fermented tofo

In a bowl mix together all ingredients except pork. Spoon over pork and leave at room temperature for at least 1 hour. Preheat oven to 200°C. Put joint on a rack in a roasting pan and roast for 15 - 20 mins until juices run clear and outside is richly coloured.

Trim fat from meat and cut into 2 inch squares. Flatten well with mallet or rolling pin. Put meat into a bowl soy sauce, salt, pepper, cury powder, ginger, soda, sugar, sherry and oil. Mix well and marinate at least 2 hrs or overnight. Heat extra oil in pan, add meat and brown well both sides. If necessary, do this in small quantities. Remove from pan. Rinse and wipe pan, add peeled and quartered onions, cubed peppers, cornflour mixed with water, crumbled stock cube, extra soy sauce, sherry and sugar. Bring to the boil stirring. Cook 2 mins or until vegetables are cooked but still crisp. Return meat to pan with meat juices, toss lightly until heated through.
Serves 4 with rice.