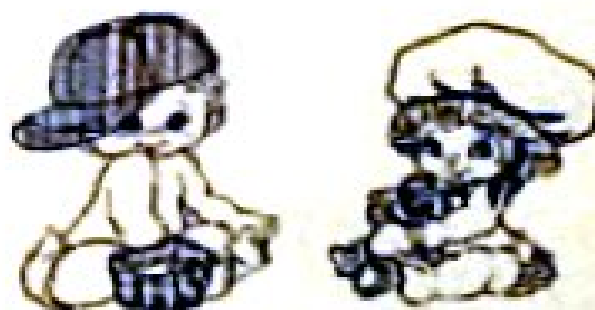


**HAMPSTEAD
KINDERGARTEN**



Jubilee Cookbook

HAMPSTEAD KINDERGARTEN

1953 - 1993

Although the Hampstead Kindergarten was formed in the early 1940's, this celebration of 40 years marks the anniversary of having building and grounds solely for the purpose of pre-school education.

Orange Chicken

4 chicken legs
1 tbsp tomato sauce
1-2 cloves garlic, sliced
1/4 tsp grated nutmeg

1 tbsp brown sugar
1 tbsp cornflour
1 tsp soya sauce
1/2 cup orange juice

Put chicken into oven bag with the brown sugar and cornflour. Shake to coat. Add remaining ingredients, kneading bag gently to mix. Secure bag with rubber band, leaving a finger-sized opening. Lay bag flat on a dinner plate so chicken pieces are in one layer. Microwave on high for 15 minutes, turning bag over after 8 minutes. Leave to stand for 5 minutes, knead bag again to mix, then serve.



Bus trip to the Americas 1943-44.
Juan Tenks, director, Marie Shea,
assistant, late Treasurer Winning, bus
driver, and children.

Microwave Steam Pudding

100g butter
3 tbsp jam or stewed fruit
3/4 cup self-raising flour
2 tsp instant coffee (optional)

1/2 cup sugar
2 eggs
2 tbsp milk
1 1/2 tsp mixed spice (optional)

Cream butter and sugar, add eggs, flour and milk. Don't overbeat. Spoon the jam or stewed fruit into a microwave proof basin and pour mixture over it and cover with plastic film. Cook elevated on high for 5 minutes.

Russian Fudge

3 cups sugar
1/2 cup milk
4oz butter

1/2 cup condensed milk
1 tbsp golden syrup
1 tsp vanilla essence

Put all ingredients in a large bowl. Mix well. Cook on high for 15-17 minutes, stirring every 3 minutes. Remove and beat until thick (approx 3-5 minutes). Pour into greased tin. Cut.

Carrot Cake

1 1/2 cups raw sugar
4 eggs
1 tsp vanilla essence
1 tbsp crushed pineapple (optional)
1 1/2 tsp baking soda
2 1/2 tsp cinnamon
1/2 cup chopped walnuts

1 small cup oil
1 1/2 cups 'o' flour
2 1/2 cups grated carrot
2 tsp baking powder
1 1/2 tsp salt
1 tsp nutmeg

Blend sugar, oil and vanilla. Add egg and beat well. Combine all dry ingredients and add to egg mixture. Fold in grated carrot, walnuts and pineapple. Pour into a large ring mould. Cook on high for 10-12 minutes. Stand for 5-8 minutes. Place ring mould on an upside down pudding plate to cool.

Icing

250g icing sugar
1/2 cup cream cheese

1 tsp vanilla essence
3 tbsp butter

Combine together all ingredients. Ice cake when cold. Note: Icing mixture can be halved.

Five Minute Microwave Coconut Ice

500g icing sugar
75g butter
1 tsp vanilla

1/4 cup milk
1-1 1/2 cups coconut
food colouring

Place icing sugar in a 2 litre jug or bowl. Cut butter into 6 pieces and place on top. Pour the milk over and cook uncovered for 4 minutes, stirring after 2 minutes. Stir in coconut and vanilla and colouring and beat with wooden spoon until beginning to thicken. Spread into greased tray and refrigerate until firm. Cut into squares with a sharp knife.

Mothers Club netball team,
1943-44. Left to right: Juan Tenks,
Marie Shea, Ruth Jackson, Elsie
Morris, Lorna Eay, Campbell, M.
Young, FHR, Alice Baker.



LIGHT DISHES AND SALADS

Cheese and Egg Toasties

4 eggs
6 slices of cheese

6 slices of bread

Toast 1 side of bread. Cover untoasted side with a slice of cheese. Beat egg whites until stiff. Beat yolks until creamy. Fold yolks into whites then pile on top of cheese. Bake in a moderate oven (180°C) for 15-20 minutes, until puffy and golden.

Spaghetti Roll-Ups

Fresh sandwich bread
melted butter
Watties spaghetti

grated cheese
cream style corn

Cut crusts from bread and brush edges and outside with melted butter. Spread other side with corn, sprinkle with grated cheese and then lay spaghetti across diagonally. Fold the two opposite corners over spaghetti. Secure with toothpicks and bake at 200°C for about 10 minutes or until golden brown.



Picnic Day.

Potato Salad

8 small or 4 large potatoes
250g low fat cottage cheese
1 tbsp lemon juice

3 shallots, sliced
2 tbsp grated parmesan cheese
2 hard boiled eggs

Microwave or cook potatoes until tender. Combine shallots and cheeses with lemon juice. Add cheese mixture to potatoes and toss with sliced eggs.



Carrot Salad

1/2 cup oil
1 small can tomato soup
2 onions (finely chopped)
Dash Worcestershire sauce

1 cup sugar
1 green pepper (finely chopped)
1 tsp mustard
Salt and pepper

Mix all ingredients together. Add 6 cups cooked carrots when cool.



Dressed as daffodils for the childrens party, 1943/44. Costumes made by the staff from crepe paper. Left to right: ? Anstiss, Sheryl Smith, Raena Crum.



Macaroni Fish Pie

*1 lb fish
salt & pepper
1 cup macaroni
1/4 cup grated cheese*

*juice of 1 lemon
2 tbsp butter
2 tomatoes, sliced*

Sauce

*2 tbsp butter
1 1/4 cups milk*

*1/4 cup flour
1/2 cup grated cheese*

Place fish in an ovenproof dish, pour over the lemon juice, season, and dot with the butter. Cover dish and cook at 180°C for 10-15 minutes. Meanwhile, cook macaroni in boiling salted water for 10-12 minutes. Drain thoroughly. Make cheese sauce, then stir in cooked fish and macaroni. Pour mixture into a warmed ovenproof dish, arrange sliced tomatoes on top and sprinkle with cheese. Brown under grill.

Sherried Chicken Pieces

*6 pieces chicken
1 pkt mushroom soup
1/2 cup water*

*1/2 cup sherry
herbs to taste
oven bag*

Put soup into oven bag, shake chicken pieces, then add other ingredients. Cook for approximately 1 hour at 180°C.

about my era at Kindy



One of the worst things about getting a class photo, was having to look into the sun.

Meat Loaf

2 pkts sausage meat
1 cup fresh breadcrumbs
1 egg, beaten

1/2 lb mince
1 small onion, chopped
salt & pepper

Mix meat together, add seasonings, breadcrumbs, onion and beaten egg. Press into a greased bowl. Cover and put into a large saucepan of boiling water and cook for 1-1 1/2 hours. Drain off any fat and turn onto a plate. More herbs can be added for more flavour. Very nice served hot or cold.

Savoury Tomato Mince

500g mince
1 grated carrot
1 chopped onion
pepper to taste
1 pkt tomato soup
1 1/2 - 2 cups hot water

1 tbsp worchester sauce
1 grated apple
1/4 tsp salt
1 tsp curry powder
rice(optional)

In a saucepan, combine all ingredients together and simmer for 30 minutes. The amount of water used will depend on whether or not rice is added.



Juliana Shaw from Harrod, happy at play

Beef And Cashew Nut Casserole

500grams beef (cubed)
2 tbsp sugar
Cashew nuts

4 tbsp soya sauce
Green peppers
Cornflour

Leave cubed beef to marinate in soya sauce and sugar. Brown meat then add sliced green peppers and cashew nuts. Thicken with cornflour and marinate mixture. Cook in medium oven for 1 hour or until tender.

Apricot Chicken

Chicken pieces
1 cup of pureed apricots in juice

1 pkt Maggi onion soup mix

Combine Maggi onion soup mix with cup of pureed apricots. Place chicken in greased dish and then spread over apricot mixture. Cover and cook until tender.

Tuna and Mushroom Pasta

220g canned tuna
300ml cream
1 onion, sliced

200g mushrooms, sliced
1 pkt egg noodles
butter

Melt butter in a large frying pan. At this time, the noodles should be almost cooked. Add onion rings to fry pan and cook until tender. Add mushrooms and cook lightly. Pour in cream and mix thoroughly. Stir in the tuna and cook until warmed through. Add noodles and cook on low heat for 10 minutes. Use salt and pepper to taste. Serve hot. Serves 4.





A class photo in the days before the shift.

Eggless Chocolate Cake

*1 1/2 cups flour
 1 tsp baking powder
 1 tbsp cocoa
 3/4 cup sugar*

*1 tbsp golden syrup
 3oz butter
 1 cup milk
 1 tsp baking soda*

Sift flour, baking powder, and cocoa. Add sugar and golden syrup. Add butter melted in 1/2 cup of the milk, warmed. Mix thoroughly. Add 1/2 cup cold milk, into which baking soda has been dissolved. Turn cake into a greased and floured 8" tin. Bake at 350°F for 30 minutes.



A class photo after the shift.