

Recipes

CINNAMON SPONGE CAKE

Preheat oven 180-200°, greased and lined 8”(20cm) round cake tin.

INGREDIENTS:

4 Eggs separated ¾ cup Sugar 1 cup SR Flour 1 teasp Cream of Tartar ½ teasp Bi-carb Soda
2 teasp Cinnamon 2 teasp Cocoa

METHOD:

1. Beat egg whites until frothy.
2. Whisk egg yolks and fold into egg whites with sugar.
3. Sift SR Flour, Cream of Tartar and Bi-carb Soda, Cinnamon & Cocoa, sift 3 times.
4. Add to egg mixture 1/3 at a time, folding gently after each 1/3.
5. Pour into prepared cake tin, bake in moderate oven for 20 minutes.
6. Cool and ice on top with pale pink icing.

BUTTERNUT BISCUITS

Preheat oven 180° (fan force 160°), greased biscuit tray.

INGREDIENTS:

65g (2 Tbsp) Butter 1 cup Sugar 2 Tbsp Syrup 1 Egg ½ teasp Vanilla Essence
1 Tbsp Milk 1 cup Coconut 200g (1 ½ cups) SR Flour.

METHOD:

1. Cream butter, sugar and syrup with electric mixer.
2. Add egg, vanilla, milk, coconut, mix well. Then fold in sifted flour.
3. Roll into walnut size (20g) balls and place on prepared trays, press with floured fork.
4. Bake in moderate oven for 15-20 minutes.
5. Allow to cool on trays for 5 minutes before removing to cooling racks.
6. Join with chocolate icing.

MICROWAVE MOIST CARROT CAKE

Grease an 8” (20cm) microwave safe ring cake pan.

INGREDIENTS:

1 cup S R Flour ¾ cup Brown Sugar 2 teasp Cinnamon 2 cups finely grated Carrot
½ cup Sultanas 2 Eggs ½ cup Vegetable Oil

METHOD:

1. Combine flour, sugar, cinnamon, carrot and sultanas in a bowl.
2. Stir in combined oil and eggs.
3. Pour into prepared cake tin. Cook on medium high approximately 8 minutes. Stand for 5 minutes, test with skewer to make sure it comes out clean.
4. Turn onto covered wire rack to cool.
5. Drizzle over with firm lemon juice icing.

LAINES FRUIT CAKE

Soak 500g Mixed Fruit in 600ml OAK brand Chocolate Milk overnight in fridge.

Preheat oven 180-190° (160° fan forced), grease and line 8” (20cm) round or square cake tin.

INGREDIENTS:

Two cups SR flour 1 teasp Mixed Spice 2 tbsp Spirits of your choice

METHOD:

1. Sift flour and mixed spice, add one cup at a time to fruit and milk mixture, mix well after each addition, then add spirits, mix well.
2. Pour mixture into prepared tin and bake 1 - 1 ¼ hours, Test with skewer, when it comes out clean, cake is cooked.
3. Cool in tin, before turning out.

CHOCOLATE BUTTER CRUNCH SLICE

INGREDIENTS:

1 cup SR Flour 1 cup Coconut 1 cup Brown sugar 5ozs Butter
1 dessertspoon Cocoa 1 tbsp Syrup

METHOD:

Mix all ingredients with softened butter and syrup, just melted. Press into a greased 7"x11" (19cmx28cm) Lamington tray.

Bake 20 minutes in moderate oven 180 degrees. Ice with chocolate icing while still warm, cut into 2" (5cm) squares while still warm as it hardens when cold.

CARAMEL AND DATE SLICE

INGREDIENTS:

125g Butter ½ cup firmly packed Brown Sugar 1 cup chopped Dates 1 Egg
1 teasp Vanilla Essence 1 cup SR Flour

METHOD:

Melt butter and sugar in a saucepan, add dates and stir, mix well while hot to soften dates, cool. Add beaten egg and vanilla, mix well. Add sifted flour, mix again. Spread into a greased and lined 7"x11" (19cmx28cm) Lamington tray.

Bake in 180 degrees oven for 20 minutes. When cold ice with vanilla icing, cut into 2"(5cm) squares.

DATE AND GINGER BAR

Into a bowl sift 1 ½ cups SR Flour, 1 teasp Ginger, pinch Salt, add ½ cup Coconut, 1 cup chopped Dates, ¼ cup chopped naked Ginger. Dissolve ¾ cup Raw Sugar in 1 cup warm Milk, add to ingredients, and mix well. Bake in greased, paper lined Bar Tin 8"x 4" (20cmx10cm) in a moderate 180 degrees oven for 55 to 60 minutes.

COLD TEA CURRANT CAKE

INGREDIENTS:

1 cup Currants 1 cup Brown Sugar 1 cup "Cold Black Tea" 2 cups SR Flour
½ teasp Mixed Spice ½ teasp Nutmeg

METHOD:

Soak currants in cold black tea overnight.

Sift together SR Flour and spices. Add sugar, then the currants and tea, mix well. Turn into a greased and lined "Bar Tin "8"x4" (20cmx10cm) and bake in a moderate oven 180 degrees for 35-40 minutes.

Time will be slightly less for fan forced or gas.

CHOCOLATE ROUGH BISCUITS

Cream 125g Butter and ½ cup Sugar, add 1 Egg and beat well. Add 1 teasp Vanilla Essence and 1 ½ cups Coconut, mix.

Sift 1 cup SR Flour, 2 tbsps. Cocoa and pinch of Salt. Mix well. Roll into walnut size 20g balls and flatten with a fork, 2" (5cm) approx.

Bake in a moderate oven 180 degrees for 15 minutes.

DIABETIC BOILED FRUIT CAKE

375g Mixed Dried Fruit 1 cup Apricot Nectar 1 teasp Honey 1 cup Mashed Pumpkin
1 ½ cups SR Flour 1 teasp Mixed Spice 1 teasp Bi carb Soda
Grease 8" (20cm) round cake tin and line with baking paper. Combine mixed fruit, apricot nectar and honey in a saucepan, bring to the boil and simmer for 3 minutes. Cool completely. Mix in mashed pumpkin, sifted flour, spice and bi carb soda. Spoon mixture into prepared tin and bake in a moderate oven 180 degrees for 1 hour. Test with wooden skewer, if still moist in middle cook for further 10 minutes. If top is darkening cover with a piece of alfoil. When cooked, cool on tin.

ORANGE BAR

Put into a mix master bowl, 1 ½ cups SR Flour, 1 cup Sugar, 2 Eggs, 125g Butter, rind of a whole Orange, 1 tbs Orange Juice and 3 tablespoons Milk.
Mix altogether for 3 minutes. Put into a greased and floured Bar Tin. Bake 1 to 1 ¼ hours at 140 degrees. Ice with Orange icing.

GREEN TOMATO CHUTNEY

2kg Green Tomatoes, 1kg Onions, 1 Garlic Clove, 500g Sugar, 600ml White Vinegar, ½ teasp Cayenne Pepper, and a few Cloves.
Cut tomatoes finely, also onion and garlic. Add other ingredients and boil until consistency of jam. Ladle into a 250ml jar, filling to the top. Label jar in BLOCK LETTERS, name variety on small labels on side of jar.