



LYN WITH HER MUM AMY.

# Mum's cooking

Lyn Cram licks the bowl

I have very fond memories of walking home from school with my young sister. As soon as we rounded our street corner to home, there was a delicious aroma of home-baked cakes and biscuits to greet us. Our mother Amy was a wonderful cook, and I spent many happy hours at my mother's side learning all her culinary skills.

Amy and her friend Joyce always ran the cake stall at the local school and were well-known throughout the district for their delicious goodies.

Here are some of my family's favourite recipes, in memory of two amazing cooks, Amy and Joyce.

## Amy's Famous Sponge Cake

- 4 Eggs
- 1 cup of caster sugar
- 1 1/4 self raising flour

- 2 1/2 tablespoons cornflour
- 2 1/2 tablespoons milk
- 2 1/2 tablespoons water
- 1 1/4 tablespoons butter or margarine

**Method:** Beat eggs till light and fluffy, gradually add sugar and beat for 10 minutes. Sift flour and cornflour together and lightly fold into the mixture. Heat water, butter and milk until butter is melted and immediately add this to the mixture, folding in lightly. This needs to be done by hand. Grease and flour 2 sponge tins and add mixture evenly between them. Bake in a moderate oven (190 or 180 fan forced) for 20-25 minutes. Turn onto cake rack to cool. Spread fresh or mock cream between the layers and top with passionfruit icing. This is also delicious with coffee icing, or a layer of jam beneath the cream and a dusting of icing sugar on top.

## Aunty Joyce's Crunchy Cookies

- 4oz (1/2 cup) butter or margarine
- 1/2 cup caster sugar vanilla essence (1/2 teaspoon)
- 1/2 cup sultanas
- 1 egg
- 1 tablespoon desiccated coconut
- 1 1/4 cups self raising flour
- Cornflakes

**Method:** Cream butter, sugar and vanilla until smooth. Beat in egg and add coconut and sultanas.

Fold in sifted flour. Roll teaspoonfuls in lightly crushed cornflakes. Place on greased biscuit trays and bake in moderately hot oven 180-190°C for 15-20 minutes. Serve with lots of love.

## No-bake Chocolate Ginger

- 1 pkt milk coffee biscuits
- 3 tablespoons cocoa
- 1/2 cup coconut
- 1 tin condensed milk (warmed by standing tin in bowl of hot water)
- 1 pkt golden ginger (chopped)
- 1 teaspoon ground ginger

Add the chopped ginger to other ingredients and mix well. Press into a swiss roll tin or flat biscuit tin. Ice with chocolate icing made with 4 oz melted cophia, 1/3 cup sifted icing sugar, and 2 tablespoons cocoa. When set, cut into squares and store in refrigerator.

## Savoury Impossible Pie

- 4 eggs
- 2 cups milk
- 1/2 cup plain flour, 1/2 teaspoon baking powder
- 1/2 cup margarine melted
- pinch salt, pepper

Lightly grease pie dish. Mix all above ingredients together and add tin of salmon or tuna drained, onion chopped, grated cheese, asparagus, or whatever you fancy. Bake at 180° for 35-40 minutes or until set. Serve with a mixed salad.

## Healthy Sun Bran Loaf

- 1 cup bran flakes
- 1 cup Sultanas or chopped dried apricots
- 3/4 cup brown sugar
- 1 cup milk

Mix together and soak overnight. Add one cup sifted self raising flour. Line a loaf tin with foil and cook for 1 hour at 190°C.

## Suzanne Gearing

### Easy Vanilla Slice

- 2 sheets frozen puff pastry (defrost slightly)
- 1 3/4 caster sugar
- 1 cup cornflour
- 3/4 cup custard powder
- 4 1/2 cups milk
- 75g chopped butter
- 2 lightly beaten egg yolks
- 1 tspn vanilla bean paste

### Icing

- 2 1/2 cups pure icing sugar
- 10 g butter
- Juice from 2 passionfruit or 1/2 can tinned passionfruit

22cm square cake pan, greased and lined with baking powder

2 greased baking trays

Oven temp 200°C (180 degrees fan forced)

### Method

Place 1 sheet of pastry onto each tray, prick with fork.

Cook for 8-10 minutes until golden and puffy

Carefully flatten and allow to cool.

Place sugar, cornflour, custard powder in heavy based saucepan over medium heat and gradually stir in milk until combined. Add butter and cook, stirring constantly, until mixture simmers and thickens. Remove from heat and stir in vanilla and egg yolks.

Trim pastry to fit square cake pan. Place 1 sheet of pastry into pan. Pour hot custard over the pastry and then top with second sheet of pastry.

Cool for 30 minutes.

Place a heatproof bowl over simmering water. Add icing sugar, butter and passionfruit and stir until smooth. Spread on top of pastry and refrigerate for 4 hours. Serve cut into squares.



## Wynlen House

### Thai Pickled Garlic

We served this from our stall at the Braidwood Truffle event at the end of July, 2017 and it was a big hit. The trick is to adjust the pickling liquid to your taste by adding less or more sugar. I always add soy sauce to the liquid merely because I like the extra flavour and colour it imparts.

- 2 cups white wine vinegar
- 1 cup water
- 1/2 to 1 cup of sugar (to taste)
- 1/2 tablespoon of salt
- 2 1/2 cups of peeled garlic cloves

A tablespoon of soy or more to taste

In a medium saucepan, bring the vinegar, water, sugar and salt to a boil. Reduce heat and simmer for a few minutes until the sugar and salt is dissolved. Drop in the garlic cloves and return to the boil for 1 minute, then remove from heat.

Do taste the pickling liquid as it is cooking and add sugar, soy or more vinegar to taste. Cool, and then drain reserving the liquid and spoon the cloves into sterilized screw-top jars (or one large jar). Top up the jars with the

pickling liquid. Store jars in the refrigerator for at least 1 week before eating. Continue to refrigerate with the lid on. This is a great bar snack or a condiment with a meal provided you don't make it too sweet.

We have a supply of danganski (Standard Purple Stripe group), seconds quality garlic on our stall. It would be perfectly fine for this recipe. Otherwise, wait until the first of the garlic harvest in November. There will be plenty of garlic around then.



## Tania Mcguire

### Marshmallow Slice

- Ingredients for base
- 4 crushed weet-bix
- 1 cup self-raising flour
- 1/2 cup brown sugar
- 1 cup coconut
- 125 grams cophia
- few drops of vanilla
- pinch of salt

### Ingredients for topping

- 1 cup sugar
- 240 mls water
- 1 tablespoon gelatine
- 1/4 cup toasted coconut

### Method:

Base: Mix all dry ingredients in a bowl. Pour in melted cophia and stir. Press the mixture into a lamington tray.

Cook slowly in a 150°C oven for 25 minutes.

**Topping:** Put water, sugar and gelatine into a saucepan, mix well and boil for 3 minutes.

Pour into a bowl and allow to cool. Then beat to a marshmallow consistency.

**Assembly:** Spread the marshmallow mixture over the base and sprinkle the toasted coconut over the top. Store in the refrigerator.

Can be made gluten free by using gluten free flour and weet-bix. Ideal also for dairy free/egg free diets.

## Katie from the Vet

### Coconut cake

- 1 cup self raising flour
- 1 cup coconut
- 1 teaspoon vanilla
- 125 grams margarine
- 1/2 cup milk
- 2 eggs, beaten
- 3/4 cups sugar
- 1/2 cup milk

Preheat oven to 180°C (fan forced) and line small lamington tin.

Mix in sifted SRF with coconut.

Melt margarine, add in sugar and stir until sugar is dissolved. Mix in dry ingredients with wooden spoon.

Add eggs, vanilla and milk and mix well.

Pour into tin and bake for 20-25 minutes until skewer comes out clean.

When cool, ice. ➔