

SPRING RECIPES WITH LYN CRAM

Icing variations:

Chocolate Lamington slice – Ice cake with chocolate icing and coconut
Lemon Coconut slice — add in a squeeze of lemon juice instead of vanilla. Decorate with lemon flavoured icing.

Berry and white chocolate muffins

Ingredients:

2 cups self raising flour
2/3 cups caster sugar
100 grams white chocolate, chopped
125 grams margarine
1 teaspoon vanilla
3/4 cup buttermilk
1 egg
1 cup mixed berries

Preheat oven to 180°C (fan forced) and place muffin cases in muffin tray. Into a large bowl add sifted flour, sugar, chopped chocolate and combine.

In a second bowl, melt margarine and mix in beaten egg, vanilla and buttermilk.

Fold ingredients together with a wooden spoon.

When combined, lightly mix in berries.



Spoon evenly into muffin tray. Small muffins cook for approximately 20 minutes, large muffins approximately 30 minutes, or until light brown. Lightly dust with icing sugar

Cinnamon Sponge Cake

Ingredients

4 eggs – separate yolks from whites
1 cup castor sugar
1 cup self raising flour
2 teaspoons cinnamon
2 teaspoons cocoa
1/2 cup boiling milk
Jam – flavour of choice
Whipped cream

Preheat oven to 200°C (fan forced) and line and grease 2 round cake tins
Beat eggs whites until fluffy and stiff.
Add sugar very gradually, beating well.
Beat in egg yolks.

Fold in sifted flour, cinnamon and cocoa.

Divide mixture evenly into the two cake tins.

Tap tins on bench several times to remove air bubbles and even surfaces.
Cook for 15 minutes, remove from tins and leave to cool.

When cold, place one cake upside down and spread jam on base. Then spread whipped cream. Place second cake on top.



BACK ROW: MICHELLE (MANAGER), TESS, GEORGIA, CLAIRE, TASHANI, KAILEY, LYLA, CHRISTOPHER (COACH).
FRONT ROW: ISABELLA, LOGAN, LOUISE, ELLIE, JESSICA, LYNDSEY, JORJA, JARRAH. ABSENT: ABBY.

Pink is the new gold

Another year, another premiership for the Palerang Pinks

Palerang Pinks were born in 2014 and were entered into their first Kanga Cup competition in Canberra — the biggest junior comp in the southern hemisphere.

The philosophy and mission of the NSR Kanga Cup is “Uniting the Youth of the World through Football” and the tournament provides an opportunity for participants to meet players from all over Australia as well as overseas. Past international teams have been from Fiji, South Africa, Korea, Georgia, England, New Zealand, USA, Chinese Taipei and more.

The Kanga Cup had humble beginnings, starting in 1991 in Sydney before moving to its new home of Canberra in 1993. The inaugural Kanga Cup had just 35 teams participate — the 2016 season saw over 375 teams take part, with 5500 participants from Australia and overseas meeting in Canberra for a week of football, fun and friendship.

In 2015 the Palerang Pinks played in the capital football competition in the Under 13s Division 3.

In the first season they played 15 games with 13 wins 1 draw and 1 loss,

scoring 55 goals in total and conceding 6, finishing that year as premiers for the first time.

In 2016 the Palerang Pinks were promoted to Division 2 in the under 14s girls comp and played 13 games, with 10 wins, 2 draws and 1 loss winning again the premiership for 2016.

2017 saw the Pinks go to Under 16s Division 2, with the girls playing 16

games, with 13 wins and 3 draws leaving the girls in 2017 undefeated and once again the premiers for 2017.

The Palerang Pinks have a number of girls who have played out the three full years, with a few different girls joining and leaving the squad in between this time. But it's been mainly the same nine players for the entire three years straight of back-to-back premierships.

In the three years the Pinks have played they have scored 149 goals and conceded only 24. A fantastic effort for these amazing young women.

(More photos of the Pinks in action on the following pages. Thanks to Judy Knowles for the extra pics.)



THE PINKS EVEN PLAYED ON THE MOON.



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