

COOKING UP A STORM

AUTUMN / WINTER RECIPES WITH LYN CRAM

Winter Desserts to warm your heart!

HELEN FARLEY

HOME STYLE COUNTRY SOUP

– great for easy weekend lunch

Ingredients:

- 1 onion
- 4 bacon rashers rindless roughly chopped
- 3 potatoes sliced
- 2 cups beef stock
- 2 tbsp plain flour
- 2 cups milk

1 cup minted peas Nutmeg

Method:

Spray a large pan with oil, fry bacon and onion until cooked, add 2 tbsp plain flour cook for 1 minute.

Add beef stock and sliced potatoes and simmer. When tender, add 2 cups of milk and 1 cup of peas simmer until hot.

Season with salt and pepper, garnish with sprinkle of nutmeg. Serve with grilled cheese toasted slices.

LYN CRAM

CRISP APPLE TART

This topping is great over your favourite puff pastry base, either frozen and thawed, or home made.

- 6 Granny Smith Apples
- Juice and finely grated rind of one lemon
- 60g butter, melted
- ½ cup toasted sliced almonds
- 60g sugar
- ½ teaspoon ground cinnamon

Peel and quarter apples, core and cut each 1/4 into 3 lengthwise slices. Place in a bowl with lemon juice and toss gently till well coated. Stand for 10 minutes. Drain apples on paper towel, then arrange with slices overlapping in a circle around the outside of the base.

Arrange the remaining slices in the centre. With a pastry brush coat the surface with the melted butter, then sprinkle the toasted almonds over the top. Mix the lemon rind, sugar and cinnamon together and sprinkle on top.

Bake tart in the lower third of oven preheated to 200°C fan forced for 30 minutes until pastry is crisp and topping golden brown.

Best eaten warm with thickened cream or mascarpone.



BAKED PEARS

- 6 to 8 pears
- 6 to 8 dates
- 60g walnut pieces
- 1 vanilla bean split in half lengthwise
- strip orange rind
- strip lemon rind
- 250ml fruity white wine
- 150ml water
- 125g caster sugar

Leave skin on pears but carefully remove core from base with apple corer. Place a walnut piece inside each date and then insert into the cavity at the base of each pear. Stand pears in an ovenproof dish and place lemon and orange rinds, plus vanilla bean pieces around them.

Mix wine and water together with the sugar, and pour over and around pears. Sprinkle a little extra sugar over the top of each pear and place the remaining walnut pieces around the pears.

Bake uncovered in mod oven preheated to 150°C for 2 hours, basting the pears with the liquid once or twice. Serves 6 to 8.

Delicious with custard or cream.



CHOCOLATE HAZELNUT CAKE

Preheat oven to 180°C. Grease and flour loaf pan

- ½ cup caster sugar
- 4 eggs
- ½ cup ground hazelnuts
- 125g dark chocolate melted

Separate eggs. Beat yolks and sugar till well combined. Beat egg whites till stiff, combine melted chocolate with hazelnuts and then fold into the beaten whites. Then fold this mixture into the sugar/yolks. Cook for no more than 45 mins.

Best to prepare 2 days before use. Store in airtight container. To serve, decorate with sweetened cream and grated chocolate or chocolate discs.

WYNLEN FARM

The chilli bushes in our hothouse have produced prolifically this year. We have had long green and long red chilli, Mexican jalapeño and poblano chilli and a very hot red birds eye chili bust all pumping out fruit of great quality and lasting power. With such abundance come the responsibility to utilise rather than throw away what is excess to weekly requirements. In the chilli department this means making chilli jam or sauce.

CHILLI SAUCE

This is a great chili sauce recipe from Jamie Oliver that I have tailored to my taste. Jamie uses apples, onions and tomatoes to really brighten the flavour of the chilli. It tastes great.

Ingredients:

- 1 large brown onion diced
- 10 large red chillies and 10 red or green jalapeño
- Tbbs of apple cider vinegar
- 1 large tomato
- Half an apple peeled and chopped
- Two garlic cloves diced.
- Honey to taste
- Water or loosen

First roast the chili. Heat your oven to 180°C, slice the peppers in half lengthwise and remove the stems, scrape out the seeds. Set them onto a lightly oiled baking sheet and bake 20-25 minutes, or until the skins blister. Remove the peppers and cover with aluminum foil or a towel to allow them to steam. Peel off the skins and toss them. Fry off the onions and garlic in a little sunflower oil, add the tomato and apple to the pan and fry off lightly. Put all these ingredients in the food processor and blend away until very liquid. Add honey, salt and pepper to taste.

Bottle or jar the sauce according to your usual preserving methods. If well preserved the sauce should last well and only needs the fridge when opened. Helen



Winter illness

It is that time of the year where colds and flu (influenza) appear to have their time. Although you can catch a cold or flu at any time during the year, not just in winter. However they are more common during the winter months, possibly because people are more likely to stay indoors and be in close contact with each other.

Colds and flu are very contagious viral infections. If you have a cold or flu and you sneeze or cough, tiny droplets of fluid containing the virus are launched into the air. These droplets spread about 1 metre and are suspended in the air for a while where they can be breathed in by someone else who may then become infected. These tiny droplets of fluid can also land on surfaces. Anyone who touches these surfaces can also catch a cold or flu if they pick up the virus on their hands and then touch their nose or mouth. If you have a cold or flu and you touch your mouth or nose and then touch a person or object without first washing your hands, then you can also transfer the virus to that person or object. Good hygiene is one of the most important ways to help prevent colds and flu.

Hence cough etiquette and hand cleansing is very important to prevent spread. Another way to prevent spread is that if you do get a virus, stay home while sick so others do not get in contact with you while it is contagious. If needed see your doctor or pharmacist for a sick/leave of absence certificate. As a rule, a pharmacist can give you a certificate for 1-2 days while you are unwell, anything beyond that should be seen by a doctor. Always check with your work place/education institutions as to what their requirements are for leave certificates.

How to prevent cold and flu:

Both cold and flu can be prevented by good hygiene. Good hygiene includes:

- washing your hands regularly and properly with soap and water, particularly after touching your nose or mouth, and before handling food
- sneezing and coughing into tissues then throwing them away immediately and washing your hands
- cleaning surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
- not sharing cups, plates and cutlery
- where you can, avoid sharing towels with other people and throw disposable tissues and paper towels in the bin immediately after using them.

The flu can also be prevented by having the annual flu vaccine.

In 2019 the following groups of people are able to get their flu vaccine for free as they are considered at higher risk of complications from influenza:

- all Aboriginal and Torres Strait Islander people aged 6 months and over
- all children aged 6 months to less than 5 years of age (including Aboriginal and medically at risk)
- all individuals aged 5 years and over with medical risk conditions, namely:
  - cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
  - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
  - other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
  - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders.

FLU HACHOO

Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing, use tissues to contain respiratory excretions, dispose of tissues in the nearest waste receptacle after use, and wash their hands afterwards.



- impaired immunity, including HIV, malignancy and chronic steroid use
- children aged 6 months to 10 years on long term aspirin therapy.
- pregnant women (influenza vaccine can be given at any stage of pregnancy)
- people aged 65 years and over (vaccine that is specifically designed to produce a higher immune response is available for this group).

In NSW the free vaccines are available from your local doctor.

All those people that are not covered by the free flu vaccine program can either see their doctor for a prescription for the flu vaccine that can be filled at the pharmacy and brought back to the doctor for injection OR they can enquire at their local pharmacy as to the possibility of getting a pharmacist prescribed flu vaccine (at a cost) provided the pharmacy has pharmacists that are trained immunisers to do the vaccination.

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