

SPRING TO SUMMER RECIPES WITH LYN CRAM

Treats to cheer you up

Tania's Marshmallow Biscuit Slice

3 Weetbix (crushed)
1 cup coconut
½ cup brown sugar
1 cup SR Flour (sifted)
pinch salt
Mix all of the above with 4oz melted coha. Press into swiss roll tin, or a slice tin lined with baking paper, and bake in moderate oven for 15 mins until golden brown. Set aside to cool.

Meanwhile in a saucepan mix:
1 cup white sugar,
¾ cup cold water,
1 dessert spoon gelatine powder

Boil for 3 minutes only. You can add pink colouring if desired. When cool add tspn vanilla and beat until thick, then cover the cold biscuit slice with this marshmallow mixture, smooth the top. Leave to cool completely. Set on a tray and cut into squares. Enjoy!



Orange Date Muffins

In a large bowl, sift together
1 cup wholemeal flour,
1 cup plain flour (white)
½ cup brown sugar
2 teaspoons baking powder
1 teaspoon bicarbonate soda
½ teaspoon salt (optional)
Stir in ½ cup chopped dates,
½ cup chopped walnuts or pecans

In another bowl, combine
½ cup orange juice
¾ cup buttermilk,
1 tablespoon grated orange rind
1 egg, lightly beaten
¼ cup melted butter
BEAT into flour mixture until just combined (batter will be lumpy, do not overbeat).
DIVIDE into 14 deep muffin pans (greased or lined with paper)
SPRINKLE muffins with a mixture of 2 tablespoons sugar and ¾ teaspoon cinnamon
BAKE at 200°C for 15–20 mins. Let cool in pans for 5 mins.



Suzette's Zucchini Slice

2 large carrots)
2 large zucchini) All grated
1 onion)
1 cup grated tasty cheese
5 eggs (lightly beaten with fork)
salt and pepper to taste
½ cup sunflower oil or similar (not olive oil)
1 cup SR flour
3 rashers of bacon – diced and sautéed (omit for vegetarians)
MIX TOGETHER vegetables, cheese and bacon (if using)
ADD oil, salt, pepper, and flour and mix well
ADD eggs and mix well.
POUR MIXTURE into a greased casserole dish
BAKE in moderate oven for up to 1 hour
Serve with a green salad.

Rocket and Goats Cheese Frittata

3 tablespoons olive oil
200g young wild rocket leaves (washed)
salt and pepper to taste
5 eggs
2 tablespoons freshly grated parmesan
1 spring onion, finely sliced diagonally



100g soft goats cheese
HEAT oil in frying pan, ADD rocket, then cover and cook on MEDIUM heat for about 2 minutes.
MEANWHILE break all eggs into a bowl and stir briskly with a fork to mix well. ADD parmesan, salt and pepper and stir to mix well. Set aside.
POUR egg mixture into the frying pan over the rocket.
SPRINKLE the spring onion evenly over the top of the frittata.
CRUMBLE the goats cheese over the top and cook on medium heat until the bottom of the frittata is golden.
COOK the top under a grill or place in a hot oven for about 5 minutes, until lightly golden.
SERVE the frittata with fresh crusty Italian style bread, and a salad of tomato and basil.



Shirley's Cucumber Pickle

3lbs apple cucumbers (or use Lebanese cucumbers, zucchini, or chokos)
1lb onion
1lb sugar
2 level dessert spoons salt
1 pint white vinegar
1 teaspoon each mustard, turmeric and curry
3 heaped tablespoons plain flour
WASH vegies and sprinkle with the salt. Let stand for a minimum of 3 hrs or preferably overnight
CHOP onion finely, add to cucumber (or other veg) with ¼ of the vinegar. Boil until vegies are soft (nearly 1 hr). ADD sugar and stir well.
BLEND flour and spices with ¼ pint reserved vinegar and add to saucepan.
COOK for 5 minutes stirring constantly.
BOTTLE and seal while hot.
SERVE with cold meats, on a Ploughman's lunch or with Cheesy Muffins.



Bianca's Blueberry & Apple Slice

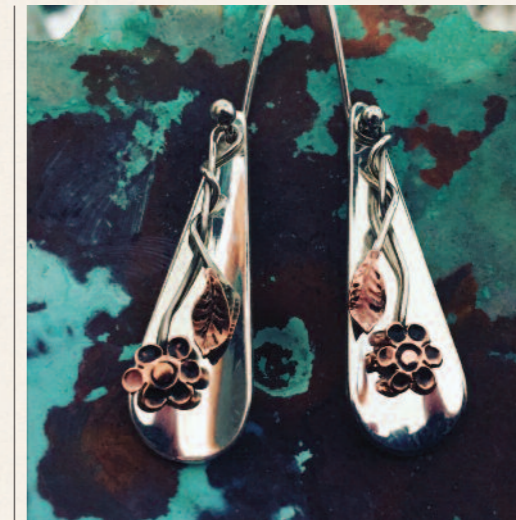
250 grams melted butter
1 ½ cups sugar
1 ½ cups plain flour
1 ½ cups S R flour
2 eggs
MIX all these ingredients together
SPREAD ⅓ on lined baking tray
PUT 1 can pie apples and punnet blueberries on top
CRUMBLE remaining mixture and sprinkle on top of fruit
BAKE in moderate oven for 30 – 40 minutes
SERVE warm with cream or ice-cream

Raelene's Muffins

BASIC RECIPE:
1 ⅞ cups SR flour
½ cup sugar
1 pinch salt
1 cup milk
1 egg beaten
1 tbspn butter, melted
COMBINE dry ingredients, combine milk, egg and butter, and fold into dry ingredients. Mixture should be lumpy.
PLACE in lined muffin tins.
BAKE 20-30 mins in mod-hot oven.
VARIATIONS: ADD stewed or canned apple or pear, and chopped walnuts to mixture, and top with cinnamon sugar or sliced granny smith apple.
Serve with a dollop of vanilla yoghurt.
ADD grated cheese and a tspn cayenne or paprika to dry ingredients and use less sugar.
Top with extra grated cheese. Serve with your favourite soup.

Jessie's Lemon Butter

Juice of 4 small lemons
Grated rind of 2 lemons
2 cups sugar
2 eggs well beaten
2oz butter
BEAT together juice, rind, sugar and beaten eggs until smooth and creamy.
PLACE in a double saucepan with butter, over water, and stir over heat until thickened.
PUT into warm sterilised jars and make airtight. Enjoy with scones or pikelets.



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