

KYM, ALI & DZELDE'S FAMILY COOKBOOK



THE
HIGHWAY

TRIPLE
104.7

There ain't no such thing as wrong food - Sean Stewart, Perfect Circle, 2004

There is nothing quite like the wonderful memory of sharing delicious food that has been prepared with love and care from recipes that have been passed down through the generations.

The Kym, Ali & Dzelde Family Cookbook has been developed to give our listeners a chance to share their favourite recipes ... as simple as they might seem! This has also given us the chance to share our favourite recipes that our Mum's make ... the recipes we will always go home for.

Thanks to Tom and all the staff at The Highway for helping us put on the Kym, Ali & Dzelde Family Cookbook Cook-off, to Leigh and Copycat Printing for printing the cookbook, to Austereo's Terry Webb for the front cover design and a special BIG thank you to all the listeners who have registered their recipes on-line ... without you this recipe book would be starved!! Our listeners are our extended family ... and we thank you for allowing us into your homes, your cars and at your workplace each day!

When baking, follow directions. When cooking, go by your own taste - Laiko Bahrs

Kym, Ali & Dzelde



HWY's Chef's Top Tips



Cooking Pasta

Cooking pasta is a fairly easy procedure; however there are a few simple rules to follow to ensure a consistently good product.

To begin, use a big pot large enough to hold ten times the amount of water to the amount of pasta. By using a 1:10 ratio (pasta to water) you are providing the pasta with enough room to move around the boiling water and cook evenly e.g. Per 100 grams of pasta use 1 litre of water.

Add a pinch of salt to the water to flavour, any flavour you add to your pasta water will infuse into the pasta. Bring your salted water to the boil and add your pasta, moving it around to make sure it is not stuck together. Strain your pasta (do not rinse your pasta under hot or cold water) and add it to your pasta sauce.

NB: Never cool pasta under running water, this will rinse off the starch which provides a nice creamy finish to your sauce later. If you need to pre cook pasta, cook to 'Al dente' or until you can see a very small white texture in the middle of the pasta and then spread it evenly on a tray lightly coated in oil to prevent it sticking together.

Poaching Eggs

The key to poaching eggs is to give the eggs enough room to move around the water, this will allow the proteins (egg whites) to set around the yolk. To get a perfect teardrop effect, bring a large deep pot of water to the boil, add a splash of white vinegar and a pinch of salt. Crack your egg into a cup, holding the cup close to the surface of the water, gently tip the egg into the boiling water as it falls to the bottom it will begin to cook and leave a small stream of egg white behind it, then turn your pot down to simmer and allow to cook for a further two minutes. When removing the egg, be gentle and dab with paper towel to drain off any excess liquid.

Mashed Potato

Désirée potatoes are available from all good fruit and vegetables retailers and will provide a smooth, creamy mashed potato your whole family will enjoy. Make sure the potato is cut evenly and all skin is removed. Place potatoes in cold, lightly salted water and bring to the boil, then simmer. Be careful not to break up the potato in the cooking process by over cooking.

Cook potatoes until you can slide a skewer in the centre and pull it out with ease. Once the potatoes have reached this consistency, drain your potatoes and cover with a tea towel to allow any excess water to drip off. Allow potatoes to rest. Whilst potatoes are resting place a small pot of cream and butter on the stove and bring to a simmer over a low heat, you can infuse, garlic, thyme, rosemary, saffron, horseradish (Whatever you like) into this mix. Making sure the potatoes are still warm, start to mash them up with a fork or potato masher, trying to rid any lumps, but be careful not to over mash the potatoes as this will manipulate the starch and make the potato tough and gluey. Pour your flavoured butter cream into the mash and combine with a whisk or fork until smooth, season with salt and white pepper and serve.

Patience - Always remember that good food takes time to get right, good food should be worth the wait.

LISTENERS

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STARTERS & SOUPS

Avocado Dip

Chicken Curry Soup

Chicken and Sweetcorn Soup

Cob Loaf Dip

Creamy Thai Chicken Soup

Grandad's Cheese Dish

Lorna's Do-Dee-Daks

Mum's Famous Chicken and Veggie Soup

Potato Salad

Quick Pumpkin Soup

Risoni Salad

Savoury Whole Mushrooms

Tuna Dip

Wallpaper Veggie Soup

Warm Noodle Salad

Avocado Dip

Robyn Goold from Salisbury

Ingredients:

2 avocados
lemon juice
Tabasco sauce
300ml Sour Cream
1 packet Taco seasoning mix
2 (or 3, if small) tomatoes
1 bunch spring onions
250g grated cheese
Corn chips (I use Doritos original)

Method:

Mash avocados and mix with lemon juice and Tabasco sauce (amount depends on your taste preference). Spread over bottom of dish (approx 22 x 22cm). Mix the sour cream and the taco seasoning mix, pour and spread over the avocado.

Chop the tomatoes and spread over sour cream mix. Repeat for spring onions. Then spread cheese over the top.

This can be used as a dip or a salad - very yummy as either.

Chicken Curry Soup

Joan Tye from Dernancourt

Ingredients:

1 tbsp butter
3 bacon rashers, cut into small pieces
2 chicken breasts, chopped
1 onion, chopped
3-4 tsp Keens Curry Powder
2 tsp flour
5 cups chicken stock
1 440g can cream corn
½ cup uncooked rice
pinch mixed herbs
1 large carrot, grated
pepper to taste

Method:

Heat butter in stockpot and sauté bacon, chicken, onion & curry for 3 minutes. Stir in flour and remaining ingredients. Bring to boil & simmer gently for 40 minutes - add more water as soup thickens.

Serve piping hot and sprinkle with parsley or shallots

Chicken and Sweetcorn Soup

Callum Hughes from Hillbank

Ingredients:

- 2 litres of water
- 1 whole bought roast chicken (shredded)
- 2 tsp chicken stock
- 2 packets chicken noodle soup
- 1 large tin creamed corn
- 1 large tin Cream of Chicken Soup
- 2 eggs

Method:

Bring the water to the boil. Add the chicken noodle soup, stock, tinned corn and tinned soup. Stir until combined and reduce the heat to simmer for 5 minutes. Put the eggs in a cup.

While lightly whisking the soup mix, pour in the eggs slowly. Simmer for another 5 minutes. Turn off the heat and add the shredded chicken.

Cover and stand for 5 minutes before serving.

Cob Loaf Dip

Esther Rosen from Seacombe Gardens

Ingredients:

1 cob loaf
2 pkt cream cheese
200g double smoked ham cut up
1 tin creamed corn
½ bunch of spring onion, cut up

Method:

Place cream cheese in microwave bowl and soften in microwave till you are able to stir it then add ham, corn and spring onion. Mix well heat again so it is hot when you put it in cob loaf.

Cut top of loaf and pull out centre of loaf. Put dip inside cob and all the bread that is pulled from the centre and place in oven till bread is toasted and dip is hot.

We often make this dip and use it on toast or sandwiches and in winter we make individual rolls and have it for lunch in front of the footy.

Creamy Thai Chicken Soup

Teresa Farrelly from Happy Valley

Ingredients:

- 1 tbsp oil
- 2 chicken fillets, sliced thinly
- 1 onion, chopped
- 1 red capsicum, sliced
- 2 tbsp Thai red curry paste
- 2 cups water
- 2 tsp chicken stock powder
- 1 tbsp cornflour
- 1 375ml can evaporated milk
- 1 tbsp fish sauce
- ½ cup coconut milk powder (or cream)
- 1 cup grated zucchini
- ½ cup peas

Method:

Heat oil in pan, add chicken, cook for 2 minutes, add onion and capsicum and cook for 2 minutes. Add Thai red curry paste, cook 30 seconds.

Add combined water, chicken stock powder, cornflour, evaporated milk, fish sauce and coconut milk powder (or cream). Bring to boil stirring. Add zucchini and peas and simmer for 10 minutes.

Grandad's Cheese Dish

Lindsay Giannakos from Flagstaff Hill

Ingredients:

2 eggs, beaten

4oz cheese, grated

½ onion, chopped

dash of cream

salt & pepper

Crusty bread to serve

Method:

Combine all ingredients in a bowl and put in an oven dish. Bake at 200C for 40 minutes until golden. Serve on crusty bread for lunch.

Passed down from my late Grandad to my Dad. It is one of the very few things my Dad ever cooks.

Lorna's Do-Dee-Daks

Quentin McKell from Queenstown

Ingredients:

500g premium mince
1 tsp of salt
1 cooking apple
1 medium onion
1 egg
1 tsp curry powder
1 tsp round ginger
2 tbsp chopped parsley
½ cup breadcrumbs
½ cup plain flour
2 tbsp oil (olive preferably)
puff pastry
4 tbsp of Rosella Fruit Chutney

Method:

Combine meat, egg, minced apple, breadcrumbs etc. altogether in a mixing bowl. Combine well ensuring all ingredients are through the mixture. Make into little balls (no bigger than a 20 cent piece).

Fry the meat balls in an oiled fry pan until cooked - these can be done ahead of time as they freeze beautifully. Cut the puff pastry into 8-10cm (3-4") squares. Spread the fruit chutney evenly over the pastry squares. Place the round meat balls into the centre of the pastry squares. Fold corners into the centre covering the meatballs.

Place onto baking paper (greased oven tray) with the folded sides down. Bake in a moderate oven (170-180C) for 10-12 minutes or until golden brown. This will make approximately 40 "Do-Dee-Daks".

Mum's Famous Chicken and Veggie Soup

Michelle Petrevic from Seacliff

Ingredients:

1 packet chicken noodle soup
1 420g tin condensed chicken and corn soup
2 potatoes
broccoli
small piece pumpkin
2 carrots
stick of celery
NOTE - all vegetables are optional/changeable

Method:

Cook chicken noodle soup according to directions. Once boiling, add chopped vegetables (keep these chunky). Simmer then for about half an hour.

Add tin of condensed soup. Gently stir as to not mush up vegetables. Great for when you are looking for that comfort food when kids not well.

Potato Salad

Warick Raymont from Hindmarsh

Ingredients:

2 kg potatoes, peeled, diced (approx 1.2 cm cubes) and washed

4 hard boiled eggs

250g onion, finely chopped

50g dill cucumbers, finely diced

300g traditional mayonnaise

Method:

Microwave the diced washed potatoes for 10 minutes on high, tumble, then another 15 minutes on med-high (check that cubes are cooked with sharp spike). Wash the cooked diced potatoes with running water to cool and clean unwanted starch.

Cross-cut eggs in egg slicer and add. Add the finely diced dill cucumbers and finely chopped onion. Add the mayonnaise progressively, stirring with a large spoon, until correct (desired) consistency is obtained.

Store in refrigerator and serve cold. Will keep for 2-3 days.

Quick Pumpkin Soup

Jen Rowe from Lyndoch

Ingredients:

1kg pumpkin (butternut or Jap)

1 packet chicken noodle soup

4 cups water

Method:

Cut pumpkin into chunks. Put into pot, sprinkle with soup mix and pour over water. Cook until pumpkin is soft. Blend until smooth in blender or with hand-held blender. Serve.

You can put a dash of cream in the middle when serving if you wish.

Risoni Salad

Katie Fraser from Mitchell Park

Ingredients:

1 cup risoni pasta

1 medium tomato

$\frac{1}{3}$ medium cucumber

$\frac{1}{2}$ red onion

50g fetta (Danish is best)

200g tuna

$\frac{1}{3}$ cup of cashews, roughly chopped

some thyme and oregano for the dressing

Method:

Put the pasta on to boil while preparing the rest of the ingredients. Finely dice the tomato, cucumber, onion and fetta and place in a bowl (there should be about the same amount of each of the ingredients).

For home made dressing, place the leaves from a few sprigs of oregano and thyme in a mortar and pestle with some salt and grind it up. Add a few tablespoons of olive oil, lemon juice and white vinegar in to make up the dressing.

When the risoni is cooked drain it and run some cold water through it to cool it off. Add the risoni to the other ingredients, pour the dressing over the top and mix well. Just before serving, mix through the cashews (otherwise they might go soggy).

This should be enough to serve 2-3 people for a meal.

Savoury Whole Mushrooms

Peter Krieg from Brighton

Ingredients:

4 Swiss Brown Mushrooms (can substitute with any of similar size and shape)

4 tsp garlic butter

1 spring onion, finely sliced

4 tsp fresh parsley, chopped

1 cup grated cheese (tasty, matured, or even blue depending on taste)

Method:

Remove stem from mushroom. Place a teaspoon of garlic butter in the middle. Cover with grated cheese, sliced spring onions and parsley.

Mushrooms can now be placed on a tray and baked in a preheated oven at about 180C for about 10 minutes or when mushrooms are soft and cheese melted.

Tuna Dip

Sharon Johnstone from Old Noarlunga

Ingredients:

1 packet French Onion Soup mix

1 small can tuna in brine

1 packet of cream cheese

cayenne pepper

parsley flakes

season all salt

lemon

warm / hot water

Vegetables and biscuits for dipping - Savoury Shapes are recommended.

Method:

Drain tuna and mix with cream cheese. Add soup mix and water, small bit at a time until it looks like smooth dip. Add pinch of cayenne pepper, parsley flakes, and squeeze of lemon juice and top with sprinkle of season all salt.

Serve with vegetable sticks e.g. carrots and celery as well as biscuits.

Wallpaper Veggie Soup

Pam Heinrich from Brighton

Ingredients:

2 leeks

2 carrots

2 sweet potatoes

2 stalks celery

1 onion

1 and ½ litre vegetable stock (or 1 and ½ litre water with 4 tspn stock powder stirred through)

1 bay leaf

handful fresh basil, chopped

Method:

Wash, peel and chop the vegetables. Place into a large saucepan and add stock, bay leaf and basil.

Bring to boil then simmer for 20 minutes or until vegetables are tender. Remove bay leaf and puree soup.

This soup freezes very successfully.

It's called 'Wallpaper Veggie Soup' because some nights when you are getting dinner ready, you are so hungry you could eat the wallpaper.

Warm Noodle Salad

Nina Bau from Croydon

Ingredients:

1 large onion, diced
4 bacon rashers, rind removed and diced
1 250g packet of Hokkien Noodles (rinsed and separated)
garlic powder to taste
2-3 tbsp soy sauce
2-3 tbsp Worcester sauce
½ tbsp of oil

Method:

In a large non stick fry pan, fry the bacon and onion in the oil till onions are clear. Add noodles, garlic powder and sauces. Stir ensuring all ingredients are thoroughly mixed and heated.

Serve warm or at room temperature.

This salad is a hit everywhere I take it and is always requested when I ask "what shall I bring?"

MAINS

2 Minute Noodle Omelette

Antipasto Chicken

Apricot Chicken

Asparagus Mornay

Bacon and Broccoli Pasta

BBQ Chicken Noodles

Broccoli Chicken

Chicken in White Wine Sauce

Chilli Con Carne

Chow Mein

Chump Chop Casserole

Cottage Pie

Country Chicken

Creamy Chicken Stroganoff

Curried Sausages

Dad's Shepherds Pie

Dutchy's Chicken Snitty

Egg and Bacon Pie

Grandma's Curry

Impossible Pie

Lamb Shanks with Sweet Potato Mash

Mango Chicken

Mexican Hotpot

Mum's 30 Minute Quickie Chicken Curry

Mum's Super Meatballs

Peanut & Honey Curry Chicken

Potato Bake

Pumpkin Risotto

Quick Spanish Beef

Ravioli with Spinach, Fetta and Bacon

Sausage Casserole

Savoury Mince

Soy Honey Rice

Spanish Lamb

Squidge's Casserole

Steak Stew

Tomato Risotto

Tuna Pie (Pastry-less Quiche)

Veal Marsala

Zucchini Alla Panna

Zucchini Bake

2 Minute Noodle Omelette

Deidre Wareham from Gilles Plains

Ingredients:

1 packet two minute noodles
3 eggs
1 tbsp milk
chopped ham
tomato, roughly chopped
spring onion, roughly chopped
mushroom, roughly chopped
grated tasty cheese
salt and pepper to taste
1 tbsp butter
1 tbsp olive oil

Method:

Cook noodles as per packet instructions and add noodle flavour sachet to eggs and milk and beat together. Heat oil and butter in frying pan and add noodles and egg mix and cook until egg starts to set.

Add all other ingredients, cook for further 2 minutes, fold in half, cook for 2 minutes then flip omelette over and cook for further 2 minutes. Fold. Add more oil or butter if required.

Antipasto Chicken

Rick Ferguson from Torrens Park

Ingredients:

6 chicken thigh fillets
18 slices prosciutto
300g antipasto mix
6 basil leaves
600ml tomato passata
100ml red wine
20g baby capers

Method:

Pre-heat oven to 200C. Form 6 crosses by placing 1 slice of prosciutto on preparation surface and place 2 overlapping slices. Place thigh fillets on prosciutto with the length in same direction a single slice. Put a small amount of roughly chopped antipasto mix in centre of fillet and top with a basil leaf. Roll up fillet and fold in the prosciutto sides.

Scatter capers over the bottom of small lasagne dish and top with 100ml of passata. Seal the chicken parcels in batches in a frypan and place on top of caper mix. Deglaze frypan with the rest of the passata. Rinse out passata bottle with red wine and add to frypan.

Pour sauce over the chicken parcels and put dish in pre-heated oven. Bake for 1 hour, carefully turning parcels part way through.

Serve with buttered pasta and a green salad or green veg.

Apricot Chicken

Marion Beauchamp from Aldinga Beach

Ingredients:

1kg chicken drumsticks
½ cup plain flour
1 large can apricot nectar
1 packet French Onion Soup
1 tbsp sour cream
parsley to garnish
salt and pepper
½ tsp cayenne pepper (optional)

Method:

Place condiments in flour and coat chicken. Place chicken in a large casserole dish and sprinkle French Onion Soup over the top. Cover with apricot nectar.

Place in moderate oven and cook until chicken has been cooked through (usually about 45 minutes depending on oven). Remove from oven and dish out chicken pieces. Add sour cream to sauce and then spoon over chicken.

Serve with mashed pumpkin, whole baby potatoes and beans.

Asparagus Mornay

Clair Bulte from Enfield

Ingredients:

½ onion, diced

2 crushed garlic cloves

1 340g can Asparagus Spears

1 310g can Creamed Corn

1 packet Continental Chicken Noodle Soup

½ cup of milk or water

4 hard boiled eggs

NOTE - too make extra add extra 310g can corn kernels, larger can of asparagus and more eggs

Method:

My mum's recipe we grew up on! Add onions and garlic to pan with a little butter. Cook on low for 2 minutes. Add juice from asparagus, chicken noodle soup and milk or water. Bring to slow boil.

Add chopped asparagus and creamed corn. Cook on low for 15 minutes, add chopped eggs, and cook until warm.

Serve with mashed potato, rice or noodles depending on what you like.

Enjoy!

Bacon and Broccoli Pasta

Rachael McCracken from Evanston Park

Ingredients:

250g bacon
2 cloves garlic, diced
1 onion, diced
1 broccoli, cut into bit size pieces
300ml tbsp thickened cream
oyster sauce
2 tsp soy sauce
400g spiral pasta

Method:

Cook pasta as per instructions on packet. Prepare ingredients, Fry garlic, onion and bacon in a little oil. Then add broccoli pieces, add a table spoon of water, to steam the broccoli a little, after 5 minutes, add the cream. Drain the pasta and add to the frying pan. Mix ingredients through, simmer for 5 minutes.

BBQ Chicken Noodles

Joanna Smith from Craigmore

Ingredients:

- 1 family sized BBQ chicken
- 1 packet of long-life soft Singapore noodles
- 1 tbsp mild curry powder
- 1 tbsp vegetable oil
- 2 tsp minced ginger
- 1 medium onion, sliced
- 4 rashers bacon, diced
- 3 or 4 spring onions, sliced
- 1 cup of frozen peas
- 3 tbsp sweet soy sauce (kecap manis) or to taste

Method:

Put the noodles in a bowl and cover with boiling water. Shred the meat from the chicken. Heat the oil in a wok then add the minced ginger, onion and bacon.

When the onion is translucent, add the curry powder and stir for a minute until fragrant. Add the shredded chicken and peas, stir. Drain the noodles and add to the wok, stir until combined.

Add the sauce and the spring onions, stir until combined and heated through.

Broccoli Chicken

Mark Reed from Morphett Vale

Ingredients:

4 chicken breasts
¼ cup flour
2 tsp butter
1 clove garlic
1 large onion
1 stock cube
½ cup water
1 cup wine
1 tbsp seeded mustard
2 cups broccoli
1 cup cream
2 tbsp parmesan cheese

Method:

Coat chicken in flour, melt butter, add chicken, garlic, onion, and cook till brown, stock cube, water, wine, and mustard.

Cook till thick, simmer for 5-10 minutes, Add broccoli, cream, cheese cook for 10 minutes.

Mushrooms and brussel sprouts can be added to fool the kids.

Serve with rice.

Chicken in White Wine Sauce

Lawrie Cresp from Littlehampton

Ingredients:

4 Chicken Breasts

3 tbsp Plain Flour seasoned with mixed herbs

2 tbsp butter or Margarine

2 cups white wine for the cooking (the rest of the bottle for the cook)

1 chicken stock cube

150ml cream

pinch of paprika

Method:

Heat the butter in a frypan - medium heat. Roll the chicken breasts in the seasoned flour to thoroughly coat them. Fry the chicken in the melted butter until it is lightly browned on both sides. Turn up the heat and pour in the 2 cups of white wine.

When half of the white wine has evaporated, turn the heat to simmer and sprinkle the stock cube over the chicken. Check that the centre of the chicken has turned white. If not, cover and cook slightly longer. Pour in the cream and toss the chicken pieces through the mixture to create a creamy sauce. Serve with a pinch of paprika on top. A few drops of Brandy also finishes it off nicely.

This is great served with a cup of boiled rice, honeyed carrots and steamed snow peas.

Chilli Con Carne

Liz Palmer from Marion

Ingredients:

750g mince

1 onion

1 red and 1 green capsicum

1 or 2 chillies

garlic

1 family sized can Rosella Tomato Soup

1 can SPC Baked Beans in tomato sauce

1 medium can red kidney beans

3-4 spring onions, chopped

chilli powder

salt and pepper

1 to 1 ½ cups of water

Rice or small pasta shells to accompany

Method:

Chop onions and chillies finely, fry in either frypan or soup pot till soft, add garlic and mince and brown the mince, then add tomato soup, water, chilli powder, baked beans, kidney beans, salt, pepper and capsicums (chopped into small pieces).

Put on low to moderate heat till almost cooked (about 45 minutes), then add spring onions and cook for about 15 to 20 minutes whilst cooking rice or pasta.

Then, hooray, you have my families favourite Chilli Con Carne!

Chow Mein

Rainey Young from Trott Park

Ingredients:

500g mince

1 medium onion

1 can spaghetti

dash tomato sauce

BBQ sauce

Soy sauce & curry powder to taste

¼ of cabbage, sliced.

Method:

Fry onion, add curry powder then add mince and brown. Add sauces then spaghetti and mix through then simmer until cooked. Slice cabbage thinly and stir in just before you are ready to serve.

Chump Chop Casserole

Rachael Glenn from Hope Valley

Ingredients:

6 Chump Chops

2 cans of vegetable soup

salt & pepper

1 large onion

water

cornflour

Method:

Trim the fat off your chump chops. Coat chops in cornflour and place in casserole dish.

Pour over 2 cans of vegetable soup, add some water, slice onions into rings and place on top. Add salt & pepper to taste.

Place in oven for 1 and ½ hours or until tender.

Cottage Pie

Glen McKechnie from Surrey Downs

Ingredients:

500gms lean beef mince
4 large potatoes
1 large onion, finely chopped
1 medium capsicum, finely chopped
1 large carrot, finely chopped
1 zucchini, finely chopped
3 button mushrooms, finely sliced
2 cloves garlic, crushed
250gms frozen peas and corn
1 sashes Gravox Roast Meat gravy
250mls water
1 tbsp plain flour
4 tbsp tomato and basil pasta sauce
2 tbsp tomato sauce
1 tbsp Worcestershire sauce
1 tbsp brown sugar
1 tbsp red wine vinegar
salt & pepper
grated tasty cheese
milk
parmesan cheese

NOTE - the pasta sauce, tomato sauce, Worcestershire sauce, brown sugar, red wine vinegar, salt and pepper, although have quantities listed, they are added to suite your taste.

Method:

Preheat oven to 230C. Peel potatoes, cut into quarters, place into large saucepan, cover potatoes with cold water, salt water, bring to the boil and boil till tender. While potatoes are cooking, slice or dice carrot, onion, capsicum, zucchini and mushrooms and saute in a large fry pan. Add mince, stirring and mashing until browned.

Once mince is browned add flour and gravy sachet and stir in well. Add frozen peas and corn. Add water, sauces, vinegar, sugar, salt and pepper to taste and stir in (add enough water to form a very thick consistency). Once potatoes are cooked, mash adding salt, pepper, butter, and milk.

Place the meat mixture into a suitable pie dish and level mixture. Spoon the mashed potatoes over the meat mixture, smooth out and lightly fork to form light peaks. Sprinkle the grated cheeses over the potatoes. Place in the preheated oven and cook for 15 to 20 minutes or until golden.

Country Chicken

Lorena Lyon from Largs Bays

Ingredients:

10 chicken drumsticks
3 tins Campbells Chicken & Vegetable Soup
3 tins water (use empty soup tin)
1 and ½ cup rice
2 cup frozen vegetables (corn, peas & capsicum)
10-12 mushrooms, sliced
1 onion, sliced
1-2 tsp minced garlic

Method:

Chicken - Cook drumsticks in frypan, allow to cool, skin, remove meat from bone and shred roughly. Place onion, garlic and chicken in a large saucepan and simmer until onion is clear. Add 3 tins soup & 3 tins water, frozen veg & bring to boil. Add rice and stir until boiling. Reduce to a simmer and cook until rice almost cooked then add mushrooms and cook until rice is cooked.

Serve & enjoy with crispy golden roast potatoes if desired - great on a cold winter's night.

Crispy Golden Roast Potatoes - Peel, cut and partially boil potatoes until just tender. Cook potatoes at 190C in hot oil (deep fryer) until golden.

Creamy Chicken Stroganoff

Annete Edwards from Ingle Farm

Ingredients:

2 chicken breasts, diced
1 onion, diced
1 clove of garlic, diced
1 can Campbell's Cream of Mushroom condensed soup
1 small tub of thickened cream
seasoning to taste (salt and pepper or Vegeta)
Serve with pasta or rice

Method:

Dice chicken, onion & garlic. Heat saucepan, add oil. Place onion and garlic, cook then add chicken, add seasoning for flavour. Cook until golden brown. Turn down heat and add mushroom soup. Simmer for 5-10 minutes. Add cream, stir through and remove from heat. Suggested side dish is pasta or rice.

Curried Sausages

Ray Gilbert from North Haven

Ingredients:

5 or 6 sausages
1 medium brown onion
½ cup peas
1 large carrot
3 small potatoes
1 and ½ tbsp curry powder
4 tbsp fruit chutney
3 tbsp mayonnaise
⅓ cup cream
1 tsp turmeric
small amount cornflour for thickening

Method:

Peel and cut potatoes, carrot, onion and cover with water in a saucepan, add peas and bring to the boil. Cut sausages into approximately 1 inch pieces and add to saucepan. Boil for approximately 5 minutes then reduce heat to low simmer.

Add curry powder, mayonnaise, chutney, cream and turmeric. Mix in well with wooden spoon and allow to simmer until cooked.

For a thicker sauce, mix 1 tbsp of cornflour with small amount of milk and stir into curry whilst simmering.

Dad's Shepherds Pie

Jo Walden from Salisbury North

Ingredients:

1 left over leg of lamb roast
6 mashed potatoes
3 carrots
1 large onion
2 cups frozen mixed vegetables
1 dash Worcestershire sauce
2 tbsp tomato sauce
3 tbsp gravox
salt and pepper
grated cheese

Method:

Mince roast meat using an old fashioned hand mincer. Mince carrots through mincer as well and add to meat. Add mixed vegies and chopped onion to the meat mix. Make up a gravy mix using gravox, Worcestershire and tomato sauce and mix. Through meat mix until moist and sticky but not sloppy. Add salt and pepper to taste.

Place meat mixture in a baking dish and spread mashed potato on top to cover and sprinkle with grated cheese. Place in 180C oven and bake for approx 30 to 40 minutes.

For an alternative, you can make cowboy pie by substituting the lamb for beef.

Dutchy's Chicken Snitty

Adam Holland from Greenacres

Ingredients:

1kg chicken breast

4-6 eggs

½ cup self raising flour

2 packets stuffing mix

1 cup oil for frying

Method:

Remove tenderloins and slice off inside edge of breast. With a sharp knife, fillet horizontally across the breast to give you 2-3 pieces. Dust in flour dip in the egg wash (eggs beaten maybe with extra flavour see below), coat in crumbs. Repeat process twice and allow to stand for ½ hr in fridge to set. Heat oil in large frying pan on high heat, shallow fry for 3-5 minutes each side. Remove to drain on paper towel.

Frying options - Light: use olive oil

Cholesterol Enriched - use heaps of butter and a bit of oil so as the butter doesn't burn.

Tips - Flavours can also be added to eggs: chicken stock/curry powder, cream, milk or water (helps to aerate and fluff for puffy crumbs).

Crumbs - extra herbs (to your families taste) or chilli flakes.

Egg and Bacon Pie

Merlene Hayes from Greenacres

Ingredients:

4 eggs

120g (1 and ½ cups) grated tasty cheese (though I use ½ quantity of low fat cheese and ½ quantity grated carrot; yummiier & healthier!)

1 and ½ cups self-raising flour

1 and ½ cups milk

120g chopped bacon

½ cup chopped onion

Pepper

Parsley for topping (optional)

Method:

Pre - heat oven to 180C. Mix all the ingredients together, except parsley. Pour into a flat pie dish. Sprinkle with parsley. Bake in oven for 30-40 minutes, till golden & set.

Grandma's Curry

Bronny Elliot from Hallett Cove

Ingredients:

750g braising steak, cubed
1 large onion, chopped
2 tsp curry powder
1 tbsp oil
1 tbsp sugar
1 and ½ cups water
2 tbsp chutney
2 tbsp tomato sauce
1 dsp Worcestershire sauce
2 dsp gravox
1 225g tin baked beans
1 225g tin spaghetti

Method:

Brown braised steak and onion in oil. Add curry powder and sugar and cook for a few minutes. Then add water, chutney, tomato sauce and Worcestershire sauce. Cook until tender for approximately 1 hour.

This can be cooked in a crock pot with all ingredients except baked beans, spaghetti and gravox - cooking time depends on crock pot.

When cooked add gravox (made into a paste with juices of curry) to thicken sauce.

Add tins of baked beans and spaghetti and reheat.

Serve with boiled rice. Great for kids!

Impossible Pie

Kate Henstridge from Warradale

Ingredients:

6 eggs

$\frac{3}{4}$ cup cream

$\frac{1}{2}$ cup diced bacon

1 onion, chopped

$\frac{3}{4}$ cup Pastry Mix

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup grated cheese

Method:

Beat eggs in a bowl, add Pastry Mix and beat well. Mix all other ingredients into the mixture.

Pour in ungreased pie dish and top with cheese. Bake at 200C for 30 minutes or until set.

You can add other diced vegies if you wish, like tomato or capsicum.

Lamb Shanks with Sweet Potato Mash

Sue Mercer from Seaford

Ingredients:

2-3 lamb shanks

2-3 hot chillies, finely chopped seeds and all

big handful fresh herbs e.g. rosemary, marjoram, basil, sage, Thai basil, thyme all torn

1 large or 2 small brown onions, chopped

2tsp garlic fresh, grated,

1tsp fresh ginger, grated

salt and pepper

1 cup of good red wine

approximately 1kg chopped fresh tomatoes

2tbsp tomato paste

Method:

Heat oil and add the garlic ginger and chillies. Cook on a fairly high heat and add the herbs and tomato paste, stirring to stop from sticking for a couple of minutes. Now add the tomatoes (you have to use fresh as tinned tomatoes don't work).

Add the lamb shanks, turning so they get coated with the sauce and add salt and pepper to your liking. Bring to the boil put lid on and simmer on low heat for 3-4 hours. Keep turning and stirring every now and then after about 3 and ½ hours, the meat should be about falling off the bones.

Turn the heat up and take lid off, stir a bit more often so that it doesn't stick. Within in the next ½ hour, the sauce will thicken and it might take longer it depends on how much juice is in the tomatoes. While the sauce is thickening, steam sweet potato. When cooked, mash with either butter or cream. As the sauce gets thicker, take the shanks out and keep warm. Keep stirring at this stage until sauce gets thick enough serve.

To serve, put sweet potato in the middle of plate and then place the lamb shank on top then pour the sauce over the top.

Enjoy with the rest of the red wine!

Mango Chicken

Steve Bock from North Haven

Ingredients:

- 3 large chicken breast fillets, skin off
- 1 large tin sliced mangos
- 300ml cream (can use light or plain yogurt)
- 1 tbsp flour
- 1 dsp butter
- olive oil
- oregano
- Cajun seasoning
- 4 large potatoes
- 2 of your favourite vegetables (to be cooked when and how you like)

Method:

Get the potatoes going first, as they will take about an hour to cook. Wash the potatoes and leave the skin on. Slice a small piece off to make a flat bottom. Slice across the top, to about ½ way down the potatoes, making slices about 5mm apart. Pour a little olive oil into a bowl and roll the potatoes in it so they are evenly coated. Individually wrap potatoes in alfoil, forming a small alfoil well in the open top. Place potatoes in a baking dish and add a little olive oil into each alfoil well. Place into a pre-heated oven for about 1 hour on about 180C.

While potatoes are cooking, trim excess fat from the chicken breasts. Using a sharp knife, slice the chicken breast horizontally making them thinner. Place the chicken into a bowl with a little olive oil to evenly coat them. While the chicken is still in the bowl, add about a tsp of oregano and 1-2 tsp of Cajun seasoning. Leave the chicken now and start on the sauce.

In a small saucepan, melt a heaped dsp of butter and remove from heat. Add about the same amount of flour and mix. Drain all the syrup from the mangos into the saucepan. Add 1 slice of diced mango and stir. Cook chicken on low heat until it looks nice, should go golden brown in approximately 10-15 minutes. Return saucepan to heat and continue to stir. When hot, add all the cream and continue stirring until hot again. Remove from heat.

Unwrap potatoes and place on plates with chicken and 2 of your favourite vegetables. Lay the remaining slices of mango over the chicken. Pour a generous amount of mango sauce over the chicken and mango.

Mexican Hot Pot

Angie Vick from Aberfoyle Park

Ingredients:

1kg mince
1 tsp mustard
1 tsp curry powder or more if you want
1 to 2 onions
pinch cayenne pepper
1 cup tomato sauce
dash Worcester sauce
1 pkt tomato/vegetable soup
2 cups water
1 large tin spaghetti

Method:

Fry mince and onions in large frypan until brown then add all above ingredients in order and simmer for 1 and ½ hours.

Very tasty and easy to make.

Mum's 30 Minute Quickie Chicken Curry

Bronwyn Sinclair from Holden Hill

Ingredients:

- 1 pre-cooked chicken, meat removed from bones and broken into bite size pieces
- 1 onion, finely diced
- 1 red capsicum (or ½ red, ½ green), finely diced
- 2 tbsp Clive of India curry powder (hot or regular)
- 3 tbsp plain flour
- 2 tsp sugar
- juice of ½ lemon
- 2 tbsp margarine
- salt and pepper to taste
- 2 chicken stock cubes
- 3 cups cold water

Method:

Melt margarine in medium saucepan or frypan (stove top or electric). Sauté onions and capsicum until soft and onions are golden. Add curry powder, stock cubes, sugar and flour. Stir to combine and cook for one minute. Do not burn. Reduce heat and add first cup of water. Stir quickly to blend and prevent lumps.

Add remaining water, a cup at a time and lemon juice. Raise heat to medium. Stir until a medium thickness and add broken up chicken (do not add skin or seasoning). Season to taste. Add extra water if it looks dry or too thick. Heat chicken through. Serve with rice.

Can also add sultanas, diced apple or banana added with or instead of capsicum, diced dried apricot, coconut or whatever takes your fancy.

This is one of our favourite recipes which we use as an emergency standby. You can also cook your own chicken from scratch. Good party dish!

Mum's Super Meatballs

Mandy Evins from St Georges

Ingredients:

500g mince beef
1 and ½ cups cooked rice
1 onion, chopped
2 tbsp parsley
1 tsp Worcestershire sauce
1 egg, lightly beaten
1 chicken stock cube, crumbed
60g cheddar cheese, cubed
plain flour
440g can tomato soup
1 and ½ cups of water

Method:

Combine mince, rice, onion, parsley, Worcestershire sauce and egg in a bowl. Mix well. Cut cheese into cubes approximately 12. Divide mince mixture into 12 portions, shape into balls around cheese.

Toss balls into flour. Place balls into lightly greased, microwave proof dish.

Pour combined soup and water cover with cling wrap. Cook on medium for 20 minutes. Remove cover and cook for 10 minutes on medium until cooked.

Serve with crusty bread, vegetables or salad. Great the next day too!

Peanut & Honey Curry Chicken

Jackie Blows from Upper Sturt

Ingredients:

1 onion
2 cloves garlic
30g butter
¼ cup peanut paste
¼ cup honey
½ cup chicken stock
2 tsp grain mustard
1 tsp curry powder
500g chicken fillets (cut into 2cm cubes)

Method:

Microwave chopped onion, garlic and butter for 3 minutes. Add rest of ingredients and cook in microwave for 6 minutes on high. Stir and cook in microwave for another 6 minutes on high.

That's it!! Serve with cooked rice, about 1 and ½ cups raw.

Potato Bake

Paula Mitchell from Panorama

Ingredients:

8 - 10 potatoes (enough to fill a casserole dish), peeled and sliced

1 350g light cream

1 tsp garlic, minced

1 500g packet cheese

1 500g bacon bits or bacon cubes

Method:

Stir the garlic into the cream, and then pour over the potatoes. Add cheese and cover the potatoes with the cheese generously. Add bacon and sprinkle over the cheese.

Cover dish with tinfoil and place in oven at 200C for about 1 and ½ hours, or until potatoes are tender, and topping is nice and crunchy.

Call the children in, stand back, and watch them devour Louise's favourite dish!

If my daughter Louise, who is 11, will eat this, so will anybody. I have been making this dish for years now because she doesn't like "bits" in her food, and all the other potato bakes we have eaten have had extra "stuff" she doesn't like. Needless to say, this is a firm favourite at BBQ's where there are lots of children.

Pumpkin Risotto

Natalie Bowen from Parkside

Ingredients:

1 cup Arborio rice
2 and ½ cups chicken stock
60g butter
350g diced pumpkin
1 tbsp garlic
salt and pepper
parmesan cheese

Method:

Place all ingredients (not the parmesan) in a casserole dish. Bake in an 180C oven for 50 minutes. When 10 minutes left, add ½ cup of parmesan cheese cook for a further 10 minutes. You can replace the pumpkin with mushrooms and bacon.

Quick Spanish Beef

Leonie Brook from Morphett Vale

Ingredients:

500g mince
1 tsp mustard
1 tsp salt
1 onion, thinly sliced
1 425g can tomato soup
1 cup hot water
4 level tbsp uncooked rice
1 and ½ tbsp margarine

Method:

Fry rice and onion and margarine in a saucepan until golden brown. Add mince and brown lightly. Add other ingredients and simmer for 30 minutes. Stir regularly or rice will burn and stick to bottom of the pan.

If after 15 minutes mixture is still watery, add a couple more tablespoons of uncooked rice to absorb liquid.

Serve alone on hot buttered toast or with creamy mashed potatoes & vegetables.

Ravioli with Spinach, Fetta and Bacon

Marie D'Álessandro from Torrensville

Ingredients:

500g or 750g Ravioli
1 large onion, chopped
150g bacon, chopped
2 cloves of garlic, chopped
Approx 5-6 mushrooms, sliced
1 bunch baby spinach
1 bunch basil
50g fetta cheese, chopped
½ cup olive oil
½ cup lemon juice
salt and pepper

Method:

Boil water and add ravioli. Cook through. While the ravioli is cooking, spray frying pan with oil, fry up onion, bacon and garlic, add mushroom and cook through.

In the meantime, wash spinach, basil and place in a large bowl. Add chopped fetta, lemon juice, olive oil, salt and pepper.

When onion mixture is cooked, while hot, place on top of spinach mixture and mix through thoroughly. Add ravioli when ready and mix through and serve.

Enjoy!

Sausage Casserole

Heather Green from Hallett Cove

Ingredients:

500g sausages

1 large onion

1 tin peeled tomatoes

3 large potatoes

grated cheese

Method:

Cook the sausages (boil, microwave, fry - does not matter how). Slice around 1cm thick, cook onion and add both to a casserole dish with the tin of tomatoes. Cook potatoes and mash, spread on top of other ingredients and top with grated cheese - add amount to your taste. Bake in moderate oven for 25-30 minutes.

Savoury Mince

Doreen Watkins from Mawson Lake

Ingredients:

500g low fat beef mince

1 onion, finely chopped

1 clove garlic, crushed

2 cups (more if you want the recipe to go further) chopped vegetables of choice - e.g. carrots, pumpkin, cauliflower, broccoli, beans, peas, corn kernels, zucchini, potato

½ cup uncooked pasta - more if you want the recipe to feed more

1 cup water

2 tbsp tomato paste

¼ cup tomato sauce

¼ cup of Lancashire Relish - the secret ingredient!

Method:

Brown mince, add water onion and cook till soft. Add all other ingredients and cook pasta. Add more water as necessary.

Soy Honey Rice

Nadia Mlakar from Valley View

Ingredients:

1 cup rice
1 carrot, grated
1 cup frozen peas
½ cup mushrooms, chopped
1 can baby corn spears
1 cup cooked prawns
1 onion, chopped
approximately 350g bacon, chopped
approximately 1 cup Soy Honey Garlic marinade
2 cloves garlic, chopped

Method:

Microwave rice for 20 minutes. Fry bacon, onion and garlic together and then add carrot, peas and mushrooms. Cook for about 10 minutes, add marinade (enough flavour and colouring). Once rice cooked, rinse out with hot water until water is clear. Add the rest of the ingredients with corn and prawns. Mix together. Cook for another 5 minutes and serve.

Spanish Lamb

Narelle Smith fom Henley Beach

Ingredients:

6 Leg Lamb Chops
1 onion, sliced
bacon pieces
plain flour
1 tbsp lemon juice
1 can tomato soup
1 dsp Worcestershire sauce
1 can (use soup tin) water
 $\frac{3}{4}$ cup celery
 $\frac{3}{4}$ cup peas
potatoes or rice

Method:

Dip chops in plain flour. Fry chops lightly and then place in casserole dish. Add bacon pieces and onion into a frypan and lightly cook. Once lightly cooked, place in casserole dish over chops.

Add 1 tbsp plain flour over chops and bacon mix. Then mix 1 tbsp of lemon juice, 1 dsp of Worcestershire sauce with 1 can of tomato soup, 1 can of water (use tomato soup can to measure this) mix together in a bowl and then pour these ingredients over the chop mixture in casserole dish.

Place in oven and cook for 1 hour and then add $\frac{3}{4}$ cup chopped celery, $\frac{3}{4}$ cup of peas cook for further 30 minutes.

Serve with either mashed potatoes or rice.

Squidge's Casserole

Kylie Wyatt from Grange

Ingredients:

2 carrots, chopped

1 onion, chopped

500-800g red meat (e.g.: chump chops, diced steak, forequarter chops)

1 tin Rosella Tomato Soup

Method:

Place all ingredients into a casserole dish in above order. Stir occasionally while cooking in a moderate oven at 180C for 1 and ½ hours. Can be put into slow cooker also which is better.

This recipe is from my Dad who lives in Ceduna.

Steak Stew

Paul Mettner from Ingle Farm

Ingredients:

olive oil

1 onion

salt

1 tsp Vegemite

3 tsp crushed garlic

3 tsp Keens Mild Curry Powder

1kg rump steak

2 medium potatoes, grated

rice

Method:

Dice onion, cut steak into cubes then heat pot put oil in pot along with onion, garlic. Sweat the onions and garlic then add curry powder.

When it's starting to stick to the bottom, add meat with a pinch of salt when steak is brown and add vegemite.

Add 1 cup of water, bring to boil then turn heat down and simmer till meat is tender. When meat is tender, add grated potato cook till for a further 15 minutes. Serve on rice.

Tomato Risotto

Kay Katsivas from Redwood Park

Ingredients:

1 cup long grain rice

2 tbsp olive oil

1 litre chicken stock

frozen vegetables

meat - i.e. diced chicken thighs, diced bacon

1 large tin Heinz Tomato Soup

Method:

Heat olive oil, stir in rice until well coated. Add chicken stock, bring to boil and then simmer.

Add any raw meat if you are using it. When rice is almost done, add vegetables and tomato soup. Stir until fully mixed in.

Tuna Pie (Pastry-less Quiche)

Sandra Flashman from Hallett Cove

Ingredients:

4 eggs

1 cup milk

2 tbsp SR Flour

1 small onion, chopped

1 400g tin tuna, drained

1 packet Spring Vegetable Soup Mix

½ cup cream (or extra milk or small tin creamed corn)

1 cup grated tasty cheese

1 300g tin sweetcorn (or equivalent frozen)

Option to add grated carrot, zucchini, chopped capsicum or any other vegetables to hide in it.

Vegetarian option - replace tuna with blanched or thawed frozen spinach, chopped.

Method:

Beat together eggs, soup mix, milk, cream (or creamed corn) and flour. Add cheese and onion. Add other vegetables and tuna and mix well. Pour into a deep greased flan dish or two shallow pie dishes (one to eat, one to freeze for later). Top with extra cheese if desired. Bake in preheated oven at 180C for 30-35 minutes.

Might take a little longer if deep dish used. Can also be made into individual serves in greased muffin trays - great for packed lunches. Place single layer in freezer bag in the freezer and will last for months until needed. Microwave to reheat.

Serve with a fresh salad and crusty bread or home made potato chips.

Veal Marsala

Eileen Fagioli from Prospect

Ingredients:

4 large veal steaks

flour

90g butter

285g can champignons (sliced)

1/3 cup Marsala

½ cup cream

3 spring onions

salt and pepper

Method:

Pound veal steaks out until thin, coat lightly with flour; drain champignons, rinse under cold running water, drain again; chop spring onions. Heat butter in pan, add veal steaks, cook until golden and cook through; remove from pan, drain off any surplus fat from pan, add to pan Marsala and champignons, cook for 1 minute. Stir in cream and shallots, season with salt and pepper. Return steaks to pan, cook until coated with sauce, turning once.

Serve with creamy mashed potato and desire vegetables.

Zucchini Alla Panna

Claudia Price from Macdonald Park

Ingredients:

2 tbsp margarine
800g zucchini sliced
½ tsp herbs
1 tbsp mix of dried herbs and spices
300ml cream
2 eggs
50g parmesan cheese grated
salt
nutmeg
pepper
¼ tsp paprika

Method:

Heat margarine in pan, brown zucchini in patches, after arrange in ovenproof dish. Sprinkle with above seasoning.

In saucepan bring cream to boil and let simmer till reduced to 200ml, let cool once cooled, add 2 eggs, parmesan, ¼ tsp salt pinch of nutmeg, pepper to taste and ¼ tsp of paprika.

Mix well, pour over arranged zucchini put in preheated oven 220C for 30-40 minutes.

Great for a special Sunday dinner with roast and mashed potatoes.

Zucchini Bake

Jeanette Doherty from Lockleys

Ingredients:

3 medium zucchini
1 onion, chopped
3 rashers bacon, chopped
1 cup grated cheese
1 cup SR Flour
¼ cup vegetable oil
5 eggs
salt and pepper to taste

Method:

Preheat oven to 180C. Mix together eggs, oil and flour. Add rest of ingredients and mix. Put into a 20 x 30cm oven dish and bake for 40 minutes or until golden brown. Serve with salad.

DESERTS

Apple Crumble

Berry Ice-cream Cheesecake

Choc Chip Cookies

Chocolate Dip

Chocolate Slab Cake

Cornflake Biscuits

Crème Caramel

Famous Chocolate Mousse

Irish Apple Cake

Jaffa Cheesecake

Lemonade Scones

No Cook Lemon Cheesecake

Peanut Butter, Banana and Chocolate Chip Cake

Raspberry and White Choc Muffins

Self Saucing Chocolate Pudding

Sweet Explosions

The Easiest Sticky Date Pudding Ever

Tiramisu

Vegan Apple Strudel

Apple Crumble

Evelyn Golding from Lenswood

Ingredients:

2lb cooking apples
¼ cup sugar
1 large cup SR Flour
½ cup brown sugar
pinch salt
2 tbsp butter

Method:

Cook cooking apples in large saucepan (without water) over low heat. When soft mash apples until they are pulped, add sugar to still warm apple, arrange in an ovenproof dish. Rub together SR flour, brown sugar, pinch of salt and butter until resembles fine bread crumbs.

Spread crumble over top of apple making sure you go to the edge of the dish. Sprinkle cinnamon over crumble for extra flavour. Bake in moderate oven for about 45 minutes.

Serve hot or cold with ice cream or cream. Any fruit can be used in place of apple e.g. peach, rhubarb.

Berry Ice-cream Cheesecake

Glenda Johnson from Lockleys

Ingredients:

2 cups crushed Nice biscuits

170g melted butter

375g Neufchatel cheese

$\frac{3}{4}$ cup caster sugar

200g fresh or frozen berries (I use strawberries)

1 litre vanilla ice-cream

Method:

Mix crushed biscuits together with melted butter & press into 20cm spring form cake tin and chill. Cream cheese & sugar, add berries and puree. Chop up ice-cream and add to cheese mixture. Mix until smooth & pour into tin on top of biscuit base. Freeze. Just before serving top with blueberries, strawberries, blackberries, gooseberries (whatever you like), then dust berries with icing sugar and serve. Can be made day before.

Great at Christmas time as it looks very festive and most importantly is very yummy! Enjoy!

Choc Chip Cookies

Carol Smithson from Golden Grove

Ingredients:

500g butter (room temperature)

1 tin Nestle Condensed Milk

1 and ¼ cups castor sugar

5 cups self-raising flour

250g Nestle White Choc Bits

2 250g Nestle Dark Chocolate Bits (can be 1 packet Dark and 1 packet Milk)

1 tsp vanilla extract

Method:

Beat together butter, condensed milk and the castor sugar until light and fluffy, done best with a mixer. Add vanilla extract and mix through. Gradually add the choc bits and self-raising flour evenly into mixture. Spoon mixture and roll dsp size balls and place on a flat baking tray lined with a Gladbake sheet, leaving sufficient space for cookies to spread and double in size. Wet a fork slightly and press down on balls of mixture to imprint fork pattern. Bake in a moderate oven 180C or 350F for approximately 14-16 minutes until golden. Leave to cool – if you can wait that long! Freeze very well.

If you like a fruitier cookie, replace 1 packet of the choc bits with a mixture of glazed cherries, sultanas, finely chopped apricots and currants.

Chocolate Dip

Lisa Tredrea from Henley Beach

Ingredients:

300ml small cream (not thick)

14 crushed Butternut Snap biscuits

½ teaspoon grated almonds (or almond meal)

Few rows grated chocolate (I use a couple of "Flake" chocolate bars)

Method:

Tip cream into a bowl; add crushed biscuits, almonds and chocolate. Make into a dip consistency and serve with delicious fresh fruit. My favourite is with banana or strawberry but also yummy with peaches, nectarines, kiwi, apple, etc.

A great way to get the kids to eat more fruit.

Chocolate Slab Cake

Leanne Barber from Prospect

Ingredients:

3 cups self-raising flour
1 tsp salt
2 cups hot water
2 and ½ cups of castor sugar
250g margarine
4 eggs
1 cup of cocoa

Icing Ingredients:

2 cups icing sugar
1 egg
100g softened butter
¼ cup of cocoa
½ tsp of vanilla

Method:

Grease & line roasting tin. Sift flour & salt. Cream butter & sugar, add eggs gradually beating well to combine. Combine water & cocoa then add with flour to creamed butter mix, mixing well. Pour into prepared tin & bake in oven at 180C (centre position). Bake for approximately 30 minutes.

Method for icing: Combine all ingredients in a small bowl and beat until smooth.

Cornflake Biscuits

Paul Neumann from Aldinga Beach

Ingredients:

4oz. butter

$\frac{3}{4}$ cup sugar

1 cup sultanas or chopped mixed fruit

1 egg

1 tsp vanilla essence

1 cup self-raising flour

Cornflakes

Method:

Cream butter until light and fluffy, add egg. Beat well. Add vanilla essence. Fold in sifted flour. Add fruit.

Roll dessert spoons of mixture in cornflakes. Put on greased oven trays, allowing room for spreading. Bake in moderate oven 10 to 15 minutes.

A healthy alternative is to replace the cornflakes with Sultana Bran adding an extra teaspoon vanilla essence gives a sweeter taste.

Crepe Caramel

Lindsey Evans-Hunter from Marden

Ingredients:

½ cup sugar

2 cups powdered milk

2/3 cups warm water

4 eggs

1 tsp vanilla

extra ¼ cup sugar

Method:

Put ¼ cup sugar in saucepan and caramelize, mix all other ingredients, blend slowly.

Grease glass bowl, pour in caramelized sugar, and then pour other ingredients on top. Place bowl in oven, inside a shallow dish with water in it (to stop caramel burning).

Cook in oven at 180 degrees for 1 and ¼ hours. Take out of oven.

When cool tip out on plate for serving.

Enjoy!

Famous Chocolate Mousse

Roni Jones from Old Reynella

Ingredients:

200g chocolate

2 eggs

½ cup thick cream

Method:

Melt chocolate and allow to cool. Stir in egg yolks and whip cream till peaks form. Fold into chocolate mixture. Beat egg whites till soft peaks form. Fold into chocolate mixture and refrigerate overnight. Decorate & serve.

Irish Apple Cake

Linda Longster from Oakden

Ingredients:

1 cup castor sugar
2 cups self-raising flour
3 grated red apples (don't peel)
½ tsp bi-carb soda
1 tsp all-spice
1 tsp cinnamon
1 tsp nutmeg
4oz margarine (melted)
1 egg

Method:

Place all the ingredients into a bowl. Place egg in a cup and stir slightly to break yolk. Fill with milk – approximately 250ml. Add this to the ingredients in the bowl and mix. Place in an oven proof baking tin and cook in a moderate oven 180C for 20-25 minutes. I use a greased 11 x 8" flat tin.

I make this cake with my 6 year old Grandson, Calvin, and he loves it.

Jaffa Cheesecake

Frank Loveridge from Park Holme

Ingredients:

300g choc cookies, crushed
100g butter, melted
750g cream cheese, softened
¼ cup castor sugar
1 tbsp grated orange rind
3 tbsp Grand Marnier liqueur
480g white chocolate, melted
300ml cream, whipped
200g dark chocolate, melted
red & yellow food colouring
1 bag Jaffa's, roughly smashed
whipped cream, to serve

Method:

Grease 22cm spring form tin and line base and sides with baking paper, extending paper 2cm above the edge of the tin. Mix biscuits and melted butter until well combined. Press mix into base and chill for 20 minutes. Beat cream cheese and rind in large bowl with electric mixer until light and fluffy. Mix in Grand Marnier and cooled melted white chocolate until smooth. Fold in whipped cream until just combined.

Transfer ¼ of the mix into small bowl. Fold in cooled melted dark chocolate until just combined. Tint remaining cream cheese mix with both food colours. Spoon mixtures, alternately, into prepared tin. Run skewer through filling to create marbled effect.

Top with a layer of broken Jaffa's and chill overnight. Serve with whipped cream and enjoy!

Lemonade Scones

Dorothy Lionello from Paradise

Ingredients:

3 cups SR Flour

¼ cup castor sugar

1 cup cream

1 cup lemonade

2 tbsp milk

Method:

Place all ingredients into a bowl. Mix lightly until combined. Scrape onto lightly floured surface. Knead lightly and cut with scone cutter.

Lightly brush with cream and bake in a moderate oven for 15 - 20 minutes.

Serve with jam and whipped cream.

See them disappear really fast!

No Cook Lemon Cheesecake

Colleen Barnett from South Plympton

Ingredients:

Base

1 250g pack plain (uncreamed) chocolate biscuits

90g butter, melted

Filling

1 250g pack light cream cheese

1 tin skim condensed milk

600ml thickened cream

2 tsp gelatine powder

juice of 2-3 lemons

Method:

Base - Line a spring form tin with baking paper. Crush biscuits until crumbs. Add melted butter, mix well. Press into the base of the pan, partially up the sides if you have enough. Refrigerate while making filling.

Filling - Chop cream cheese and place in a food processor. Pour in condensed milk and blend until smooth. In a heat proof bowl, sprinkle gelatine over lemon juice, Warm in microwave until melted (approximately 1 minute on medium). Make sure it's all dissolved.

Meanwhile, whip cream until peaks form. Add gelatine mix to cheesecake filling, blend for approx 10 seconds. Add cream and blend for 10 seconds. Pour filling into the base.

Refrigerate until firm.

Variations - Add 1 cup pureed fruit plus 1 tsp gelatine for different flavour.

Peanut Butter, banana and Chocolate Chip Cake

Matt Tidswell from Aberfoyle Park

Ingredients:

2 ripe bananas

2 and ½ cups flour

½ cup white sugar

½ cup brown sugar

1 cup soy milk

⅓ cup apple sauce

1 tbsp baking powder

¾ cup peanut butter

1 tsp vanilla essence

¼ tsp ground cinnamon

3 tbsp cooking oil (olive oil)

1 cup of chocolate chips (preferably a block of Lindt Dark chocolate broken up)

Method:

Preheat oven to 200C. Stir in flour, sugars, baking powder and cinnamon. In another bowl, mix in the bananas, soy milk, peanut butter, oil, vanilla essence and apple sauce. Add to flour and stir until combined. Add in the broken up chocolate. Pour into a cake dish and bake for about 50-55 minutes or until skewer comes out clean. Frost with peanut butter frosting.

To make the frosting, melt 3 tbsp peanut butter with 2 tbsp Nuttalex olive oil in a saucepan. Stir in 1 cup of icing sugar and 1 tsp of vanilla essence. Add 1 tbsp of soy milk or more until it is of spreading consistency.

Raspberry & White Choc Muffins

Pat Hobson from Huntfield Heights

Ingredients:

2 cups gluten free SR flour

$\frac{3}{4}$ cup caster sugar

100g white choc bits

2 free range eggs

$\frac{3}{4}$ cup rice milk

$\frac{1}{2}$ cup extra virgin olive oil

200g frozen raspberries

Method:

Sift together flour and sugar in large bowl. Combine eggs, oil and milk in small bowl & whisk until frothy. Add egg mixture to flour & sugar, mix with wooden spoon until just smooth.

Stir through choc bits; gently stir in frozen raspberries (gets messy if you let them thaw!).

Spoon into 12 paper muffin cases. Bake at 180C for approx 20-25 minutes.

Muffins are done if they spring back when lightly poked.

Self Saucing Chocolate Pudding

Catherine Drader from Modbury North

Ingredients:

Pudding

1 cup SR Flour

pinch Salt

¼ cup brown sugar

¾ cup milk

2 tbsp melted butter

2 tbsp cocoa powder

dash vanilla essence

1/3 cup chopped nuts (optional)

Sauce

¾ cup brown sugar

2 tbsp cocoa

1 and ¾ cups boiling water

Method:

Mix together dry ingredients then mix in wet ingredients, beat with wooden spoon until smooth, and pour into an ovenproof dish. Mix together sugar and cocoa in a jug with the boiling water to make the sauce.

Pour over pudding batter over the back of a table spoon. Bake in a moderate oven for approx 45-50 mins or until cake has risen to top and is firm.

Serve with ice cream, custard or cream and watch them clean the bowl.

Sweet Explosions

Rose Muller from Salisbury Downs

Ingredients:

3 egg whites

1 cup sugar

dash vanilla essence

3 cups cornflakes

Method:

Beat egg whites till stiff, add sugar and vanilla essence, and beat until sugar dissolves (like a pavlova). Stir in cornflakes and mix through. Spoon desired amount onto a baking tray and cook in oven 170C for 25 minutes.

Just before you serve them top with cream and a strawberry. Don't add the cream until you serve them as they will go soft.

Enjoy!

The Easiest Sticky Date Pudding Ever

Tracey Mills from Sheidow Park

Ingredients:

Puddings

1 and ¼ cups Chopped Dates

1 and ¼ cups Water

1 tspn Bi-carbonate Soda

60g Butter

¾ cup Caster Sugar

1 cup Self Raising Flour

2 eggs

Butterscotch Sauce

1 and ½ cups Brown Sugar

250g Butter

300ml Thickened Cream

Method:

Puddings - Grease deep 19cm square tin and line with baking paper. Combine chopped dates and water in pan and bring to the boil, remove from heat and add Bi-carb Soda. Let stand for 5 minutes. Beat butter and sugar in a small bowl with an electric beater until combined. Beat in eggs one at a time until combined. Gently whisk in sifted flour then dates mixture. Pour mixture into prepared tin and bake in a moderate oven for about 30-45 minutes on 180C or until brown on top and springs back when touched.

Butterscotch Sauce - Combine all ingredients in pan and stir over heat without boiling until sugar dissolves then simmer and stir for 5 minutes. Serve pudding and pour sauce over then add a dollop of thick cream. Enjoy.

Tiramisu

Cristina Crawford from Taperoo

Ingredients:

500g mascarpone

2 packets Savovardi biscuits

100g sugar

4 eggs

strong coffee

1-2 capfuls gin

cocoa

Method:

Beat egg whites until stiff add sugar until light and creamy, mix in lightly beaten egg yolks, hand mix in mascarpone and gin. Dip biscuits in coffee add mixture and then another of layer then dust with cocoa. Use a 3 inch deep oblong dish.

Vegan Apple Strudel

Dianne Cornelius from Seacliff Park

Ingredients:

5 Granny Smith apples, peeled and thinly sliced

½ cup sugar

½ cup slivered almonds

½ cup ready to eat dried apricots

1 tsp ground cinnamon

½ cup sultanas

1 tsp ground nutmeg

1 tbsp all-purpose flour

juice of 1 lemon or lime

2 sheets of Puff Pastry (butter free)

Topping

1 and ½ tbsp sugar

1 tbsp cinnamon

Method:

Preheat oven 200C. Line tray with baking paper. Mix apples, apricots, sugar, cinnamon, nutmeg, sultanas, almonds, flour and lemon/lime juice. Roll out a sheet of pastry gently and place on prepared tray. Arrange half the apple mixture in the centre of sheet. Moisten the edges of pastry and fold lower edge, sides and then upper edge over mixture. Place seam side down. Repeat for the rest of the mixture. Brush with soy milk.

Mix topping ingredients together and sprinkle over strudel. Bake for 30 minutes or until golden. Makes 2 strudels.

CELEBRITIES

KYM, ALI & DZELDE'S FAMILY COOKBOOK



ANY
HIGHWAY

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104.7



Celebrity Recipes

Amber Ale Battered Fish with Kiffler Potato Chips – The Highway

Barbecued Octopus - Michael Angelakis from Channel 9's "Out of the Blue"

Beef Stroganoff – Ali Carle from Triple M

Golden Syrup Dumplings – Shannon Noll

**Great Aunt Margaret's Savoury Cheese Rusks - Kate Collins from Channel 9's
"A Current Affair"**

Julie's Jewels - Erin Phillips from WNBA and Olympian Basketballer

Lasagne – James Brayshaw from Triple M Football

Lazy Lamb – Dr Chris Brown from Channel 10's "Bondi Vet"

Lemon Meringue Pie – Peter Everett from Channel 10's "Ready Steady Cook"

Mum's Famous Rissoles - Sam Woosnam from the Adelaide Link Lightning

**Pan Fried Prawns and Scallops with Orange Salad – Michelle Bridges from
Channel 10's "The Biggest Loser"**

Pancakes - Andrew Rochford from Channel 9's "What's Good for You?"

Rissoles – Shannan Ponton from Channel 10's "Biggest Loser"

Sicilian Pasta - Tammy McIntosh from Channel 7's "All Saints"

Smoked Salmon Pizza - Carla Bonner from Channel 10's "Neighbours"

Spaghetti Bolognese – Shelley Craft from Channel 9's "Australia's Funniest Home Videos"

Strawberry Cheesecake with Chocolate – Wes Carr

Stuffed Peppers – Chris Dzelde from Triple M

Tacos - Chad Cornes from Port Adelaide Football Club

Tuna Mornay – Kym Dillon from Triple M

Tuna Pasta – Simon Goodwin from Adelaide Football Club

Amber Ale Battered Fish with Kiffler Potato Chips

The Highway



Amber Ale Battered Fish

Ingredients:

375ml James Squire Amber Ale
280ml Room temperature water
90ml White vinegar
400g Self Raising Flour
Pinch Salt
Pinch Black pepper
Water to adjust
1L Vegetable Oil (See owner's manual when using deep fryer)
6 medium size fillets of SA Garfish

Method:

In a large mixing bowl pour beer, water and vinegar, gradually sift flour into the bowl of liquid and whisk until combined, season with salt & pepper and set aside. Don't be afraid to leave a few small lumps, as this will create nice crispy pockets when eating. Your batter's consistency is correct when it coats a spoon with about batter about 2mm thick, similar like pancake batter.

Pour vegetable oil in your deep fryer or large saucepan and heat to 180C, pinch one end of the fish fillet and brush it through the batter, making sure it is evenly coated, tap off excess batter and gently place each piece fish into the oil. Place fish fillets into the batter one at a time to ensure oil temperature is maintained and fish fillets don't stick together. Cook until golden and drain on paper towel to remove any excess oil.

Kiffler Potato Chips

Ingredients:

500g Whole Kiffler Potatoes

Method:

Clean potatoes well and place in a pot of cold salted water. Bring water to the boil, and then simmer for 15 minutes or until cooked. When cooked, drain and cut lengthways into chip shapes.

NB: To test if the potato is cooked, gently spike one of the bigger potatoes with a knife, if the knife withdraws easily, the potato is cooked.

Using the same oil and fryer you used for the Garfish, heat the oil to 180C place chips into fryer until crispy & golden.

Barbecued Octopus

Michael Angelakis – Channel 9’s
“Out of the Blue”

Ingredients:

Octopus tentacles
lemon juice – 2 parts freshly squeezed
olive oil – 1 part
oregano – dried leaf or fresh
coarse black pepper
salt

Method:

Tenderise octopus.

Prepare marinade by beat lemon juice and olive oil in the proportion of 2 parts lemon to 1 part olive oil. Add the oregano, pepper and salt to taste. Place the octopus in the marinade and refrigerate overnight. Remove octopus and reserve the marinade.

Either of the following two methods may be used to barbecue:

If using a hot plate, leave the octopus tentacles whole. Barbecue and baste with a brush using the reserved marinade. When cooked, cut into serving portions and serve hot.

The octopus may be cut into pieces, threaded on skewers and placed over hot coals. Baste regularly while cooking.



Ali Carle's Mum's Chucked Together Beef Strog

Ali Carle – Triple M’s Kym, Ali
& Dzelde



Ingredients:

Olive oil

One onion (sliced)

Good handful of mushrooms (sliced)

Rump or blade steak (again pending how many you want to feed) (cut into strips)

Tomato paste (to taste - I like a lot and normally use one small individual Leggo's container)

Sour cream (use the light stuff if your watching the hips ... the more you put in, the more tang there is)

Pasta noodles

Method:

Heat oil in frypan - med-high heat and cook onions until soft – remove. Brown meat.

While meat is browning, put water on stove for pasta. Add mushrooms and cook for a few minutes.

Return onions to pan and add tomato paste and sour cream and stir through

Simmer on low heat and add pasta until al dente. Serve onto plate with fresh parsley.

Golden Syrup Dumplings

Shannon Noll

Ingredients:

150g (1 cup) self-raising flour

60g unsalted butter, cubed

1 egg

1-2 tbs milk to beat

thick cream, to serve

Syrup

30g butter

220g (1 cup) caster sugar

4 tbs golden syrup

1 small lemon, juiced



Method:

Sift flour into a bowl, then rub in butter until mixture resembles fine bread crumbs. Beat eggs with a little milk and pour into flour mixture. Combine to form a dough, then divide into small balls.

To make the syrup, combine the ingredients together with 1 cup of water in a pan and bring to the boil over medium heat. Carefully add dough balls to syrup and boil for 20 minutes. Serve with sum syrup and cream.

Great Aunt Margaret's Savoury Cheese Rusks

Kate Collins – Channel 9's "A Current
Affair"



Ingredients:

2 level cups self-raising flour
100g tasty cheese, grated
100g soft butter
½ tsp of cayenne pepper
¼ tsp salt
1 egg
¾ cup water

Method:

Sift dry ingredients into a bowl. Rub in butter. Add grated cheese, beaten egg and water to make a scone dough.

Roll dough to 2.5cm thickness and cut out with small round cutter.

Bake in hot oven (200C) for 15 minutes. When cooked and while still hot, split each rusk in half and return to oven. Bake at 150C for about 30 minutes or until light brown and dry.

Turn off the oven and leave rusks in oven until cool. Store in air tight tin or jar. Serve with butter or cheese.

Julie's Jewels

Erin Phillips – WNBA and Olympian Basketball

OK ... this is my Mum's super dessert that I absolutely love and so does everyone else!



Method:

Mini Patty Pans.

Melt 250g of Cadbury Milk Chocolate in double saucepan. Once chocolate has melted fill, $\frac{1}{4}$ of the patty pan with chocolate. Add a marshmallow and a small blob of chocolate on top so that the colourful Smartie sits on top!!

Cool in fridge

Enjoy!

Lasagne

James Brayshaw – Triple M Football



Ingredients:

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 clove garlic, crushed
- 500g mince beef
- 2 500g jars pasta sauce
- 240g packet instant lasagne pasta sheets
- 500g ricotta cheese
- ½ cup milk
- 250g mozzarella cheese, grated
- ½ cup cream
- ¼ cup grated fresh parmesan cheese

Method:

Heat oil in pan; cook onion and garlic, stirring, until onion is soft. Add beef; cook, stirring, until well browned. Stir in pasta sauce, cook until heated through; remove from heat. Line shallow oiled 20cm x 30cm ovenproof dish with a layer of pasta, top with one third of meat mixture.

Spread with one-third of combined ricotta cheese and milk, sprinkle with one third mozzarella cheese. Repeat layering, finishing with pasta; pour over cream, sprinkle with parmesan cheese.

Bake in moderate oven, about 40 minutes or until pasta is tender. Cover lasagne with foil during cooking if surface begins to brown too quickly.

Lazy Lamb

Dr Chris Brown from
Channel 10's "Bondi Vet"

Ingredients:

2 lamb sirloins

6 slices prosciutto

200g semi-dried tomatoes

Aluminium foil



Method:

On a sheet of aluminium foil, place the 6 slices of prosciutto down vertically and beside each other to form a sort of prosciutto picket fence. Now place one of the lamb loins down horizontally right across the middle of the prosciutto.

Cover the top of this lamb loin in your semi-dried tomatoes. Place the other lamb loin directly on top. Now pull up the top and bottom ends of each prosciutto slice so they meet on top of your lamb loin stack and wrap up your creation.

Finally, wrap up the stack with the remaining foil. Place into a hot pan for one minute on each side (this crisps up the prosciutto) then put into a hot (180C) oven for 10 minutes. Unwrap from the foil. Slice with a sharp knife to reveal your layered, yet lazy creation. Serves 2-3 people.

To dress it up even more, try placing it onto a bed of pumpkin and potato mash. Somehow potato mash becomes a lot more impressive when you add pumpkin to it! So why not...

Lemon Meringue Pie

Peter Everett – Channel 10's
“Ready Steady Cook”

Ingredients:

125g butter
395g can sweetened condensed milk
½ cup lemon juice
3 egg yolks
⅔ packet plain sweet biscuits
whipped cream to serve
1 tsp gelatine
¼ cup boiling water
3 eggwhites
½ cup caster sugar

Method:

Dissolve gelatine in ¼ cup boiling water and put aside. Preheat oven to 200C. Lightly grease 23cm pie plate.

To make the base, in a large bowl mix the biscuits with the melted butter. Press into pie plate firmly. Chill in the fridge whilst preparing the filling.

To make the filling, in a medium bowl beat together condensed milk, juice and yolks with an electric mixer. Gently fold in gelatine mixture. Pour into prepared base.

To prepare the meringue mixture, in a small clean bowl (not plastic), beat egg whites until soft peaks form. Gradually add sugar until thick and glossy. Spoon mixture over filling and bake for 10 minutes or until golden. Chill until required. Serve with cream.



Mum's Famous Rissoles

Sam Woosnam – WNBL Adelaide
Link Lightning



Method:

Get a big bowl!! Mix lean mince beef, finely chopped onions, rice & grated carrot with 2 eggs.

Roll rissoles with plain flour and cook thoroughly. Add tins of spaghetti and mushrooms and simmer.

Enjoy! That's it! Simple but tastes awesome!!

Pan Fried Prawns and Scallops with Orange Salad

Michelle Bridges from
Channel 10's "The Biggest Loser"

Ingredients:

500g prawns
500g scallops
lettuce leaves
1 orange, sliced
1 tomato sliced



Method:

Sear prawns and scallops quickly in wok. Place cooked seafood on a bed of lettuce, with salad containing lettuce, tomato and orange slices. This recipe is low in calories but a high nutrition meal.

Pancakes

Dr Andrew Rochford – Channel 9’s
“What’s Good for You?”



Ingredients:

½ cup sugar

1 whole egg

1 and ½ cup milk – use extra milk for a thin pancake batter

2 cup self-raising flour

oil

Method:

Mix flour, eggs, sugar and milk in a large bowl until smooth and silky. Let mixture sit for half an hour before using.

Heat oil in a frying pan (use medium heat). Pour small amount into hot pan. Cook for one minute either side or until batter turns golden colour.

Remove from pan once cooked and serve with lemon, blueberries, strawberries, lemon juice, maple syrup or chocolate – whatever you like!

Rissoles

Shannan Ponton from
Channel 10's "The Biggest Loser"

Ingredients:

500g extra lean lamb mince
2 tbs fresh parsley, chopped
2 tbs fresh chives, chopped
1-2 medium onion, grated
1 whole egg, lightly beaten
1 clove garlic, crushed



Method:

Combine lamb, parsley, chives, onion, egg, garlic in a large bowl and season with salt and pepper. Stir to combine. Form into 8 rissoles and refrigerate for 30 minutes. Heat a non-stick frying pan or barbeque hot plate on high.

Spray rissoles with oil. Cook for 5 minutes on each side, or until cooked through.

Sicilian Pasta

Tammy McIntosh – Channel 7’s
“All Saints”

Ingredients:

1 tbsp olive oil
1 clove garlic, finely chopped
4 anchovy fillets
sea salt and black pepper
1 tbsp baby capers
6 large green olives, pitted
2 vine ripened tomatoes, peeled and deseeded
1 bird's eye chilli, deseeded and finely chopped
1 tsp finely chopped oregano
1 tbsp finely chopped parsley
½ cup torn basil leaves
¼ cup grated parmesan
300g linguine

Method:

Bring a large pot of salted water to the boil. Cook the linguine according to instructions on packet.

Heat oil in a medium heavy-based saucepan. Add garlic, anchovy fillets and salt and black pepper. Cook for 2 minutes or until garlic is golden and anchovies are melted. Add the capers, olives, tomatoes, chilli and oregano. Cook stirring continuously for 7 minutes or until tomato has reduced. Stir in linguine, parsley and basil. Season to taste. To serve top with parmesan cheese.



Smoked Salmon Pizza

Carla Bonner – Channel 10's
“Neighbours”

One of my fave recipes at the moment...

Ingredients:

Smoked salmon
Green olives
Pesto
Tomato paste
Marscapone cheese
Pita Bread

Method:

I get delicious salmon from my butcher, he smokes it there in the shop, don't know how many butchers are special like mine though

Take a pita bread, smother it with pesto or tomato paste or both pull the salmon apart & obviously lay it all over the bread, cut the green olives in half & spread them out all over, little scoops of marscapone cheese dolloped evenly over ... not too much though it can make the base soggy & taste a little sweet as it is also a desert cream, but it works beautifully on this..

The rest of the ingredients though you can portion to your liking pre heat your oven at 240C, bake for about 10-12 minutes & cheese is melted.

Take out, have a side salad of rocket & pinenut and away you go...so yum!!

Tip...hygiene is an absolute must, preparation & timing is everything.



Spaghetti Bolognese

Shelley Craft “Australia’s Funniest Home Videos”

Ingredients:

500g beef mince
650g onions
4 400g tins of chopped tomatoes
200g tomato concentrate
8 tbsp olive oil
1 tsp salt
1 tsp pepper
2 tbsp oregano
2 cloves garlic
1 tbsp honey
1 tbsp paprika
1 glass (125 ml) red wine
1 splash Worcester sauce
1 tsb sambal oelek (hot chilli)

Spaghetti

1kg spaghetti\7 litres water
2 tbsp olive oil
1 tsp salt
2 tbsp butter
freshly chopped basil
freshly grated Reggiano parmesan cheese

Method:

Chop the onions and press the garlic. Pour olive oil into a large saucepan add the onions and fry them in the olive oil until they change colour. Now crumble the mince into the onions and fry it until it is completely done. Continue frying the mince and the onions while stirring to let some of the water that has accumulated evaporate. When the mince is nice and crumbly. Pour in the red wine. Now, add the tomatoes, the tomato concentrate, the honey and the spices. Let the whole lot simmer for an hour with no lid on the saucepan - we want the sauce to reduce to get rid of some of the water - that will make it tastier. Allow roughly 200g of pasta per head (for the very hungry) – a normal portion is around 150g. Boil water (1 litre per 100g), add some olive oil and salt. When the water is boiling, add the pasta. Check pasta to see if they are “al dente”. Now put out the whole lot into a bowl which you have placed in the sink. Rinse the spaghetti. Add 2 tablespoons of butter and let it melt. Put the pasta back into the saucepan and heat it up while turning it until it is hot, add to the tomato sauce. Garnish with the parmesan and this dish will taste great!!



Strawberry Cheesecake with Chocolate

Wes Carr

Ingredients:

2 tbsp butter

125g wholemeal biscuits, crushed

500g cream cheese, softened

½ cup caster sugar

2 egg yolks

1 tsp grated lemon juice

2 egg whites, stiffly beaten

Topping

1 cup cream

1 tbsp sugar

1 tsp vanilla essence

1 tsp lemon juice

1 punnet strawberries

Some white, milk or dark chocolate of choice



Method:

Prepare this cheesecake in the microwave:

Place the butter in a bowl and heat on high for 1 minute. Stir in the crushed wholemeal biscuits and cook on high for 2 minutes. Press biscuit mixture into the base of a microwave-safe glass pie dish. In a large bowl, beat the cream cheese, sugar, egg yolks, lemon zest and juice until creamy. Fold in the stiffly beaten egg whites with a metal spoon. Pour on top of the biscuit base and cook on defrost for 20 minutes. Allow to cool, cover with plastic wrap and place in the refrigerator.

In a small bowl, beat the cream, lemon juice, sugar and vanilla essence until the sugar dissolves. Spread over the chilled cheesecake. Wash and dry the strawberries, cut in half and arrange around the edge of the cheesecake. Return to the refrigerator and cool for at least an hour before serving. Just before serving, great either white, milk or dark chocolate on top of the cheesecake.

Dzelde's Mum's Stuffed Peppers

Chris Dzelde – Triple M’s Kym, Ali & Dzelde



Ingredients:

4 equal size capsicums (2 red and 2 green)
500g of mean mixed mince meat
4 rashers of fat trimmed bacon - chopped
½ cup of long grain rice
1 cup of meat or chicken stock
1 large onion, chopped
3 cloves of garlic
¼ bunch of parsley, chopped
salt and freshly ground black pepper
1 tin of whole peeled tomatoes (buy Australian)
½ large cabbage

Method:

Finely chop onion and garlic (reserve half of each for tomato sauce). Brown onion and garlic in 3 table spoons of olive oil. Add meat - cook, stirring until crumbly and browned in large saucepan. Half cook rice in small saucepan then add to meat mixture. Add chopped bacon rashers. Season mixture with salt and plenty of pepper. Add chives and parsley. Cut horizontally across each pepper to form a lid. Remove seeds and membranes. Stuff peppers with meat mixture and top with pepper lids. Set aside.

Blanch outer large cabbage leaves in hot boiling water 'til soft, then wrap meat mixture in leaves and place in saucepan with peppers. Add stock, half covering both, then cook over low heat for 1 hour. Accompany with small boiled chat potatoes. For tomato sauce, add remaining onion and garlic with tinned tomatoes - season with salt and freshly ground pepper, adding stock or red wine if necessary.

Great family winter dish.

Tacos

Chad Cornes - Port Adelaide Football Club

Ingredients:

- 300 g lean mince
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 1 large stick celery, finely chopped
- 2 medium carrots, grated
- 425g can of tomatoes, mashed
- 425g can kidney beans, drained
- 3 tablespoons tomato paste
- 1 cup water
- 2 teaspoons chilli powder (optional)
- 1 teaspoon sugar
- 6 large or 12 small taco shells
- 6 lettuce leaves, shredded
- 2 tomatoes, sliced
- 1 carrot, grated
- 1 cup reduced fat cheese, grated

Method:

Cook mince, onion and garlic in a large saucepan, stir and brown mince. Add celery, carrot, tomatoes, tomato paste, beans, water, chilli, sugar and pepper.

Simmer for 50 minutes, stirring occasionally.

To serve: fill taco with chilli con carne, then lettuce, tomato slices, grated carrot and cheese.



Photo courtesy of Getty Images

Mrs Dillon's Famous Tuna Mornay

Kym Dillon – Triple M's Kym, Ali & Dzelde



Ingredients:

Tuna Mix (to be mixed together)

1 can sweetcorn

1 diced onion (to be cooked with the potatoes)

1 large can of tuna

3 cups mashed potato

parsley and lemon juice

White Sauce

1 tbsp plain flour

1 tbsp butter

½ tsp of prepared mustard with salt and pepper

2 cups milk

Method:

In a microwave, melt the butter, stir in flour, mustard, salt and pepper. Gradually add milk then microwave on high for 2 more minutes until it thickens. Add to the Tuna Mix. Place in a casserole dish, top with grated cheese and crushed corn chips. Put in moderate oven until heated through and the topping is crunchy.

Tuna Pasta

Simon Goodwin - Adelaide Football Club

Ingredients:

1 can tuna
garlic
olives
chillies (to taste)
1 onion
2 cans tomatoes
Packet of penne pasta

Method:

Cook pasta and mix all ingredients together. Heat and serve.



