



**Mornings,  
Melodies &  
Memories  
presents**

**A Collection of  
Favourite Recipes**

**COMPILED BY PARTICIPANTS FROM:**

**BARMEDMAN  
MIRROOL  
TALLIMBA  
UNGARIE**

**WEETHALLE  
WYALONG  
WEST WYALONG**

# Mornings, Melodies & Memories

Mornings, Melodies and Memories has been a series of gatherings which commenced immediately following Bland Shire's Festival of Seniors Week in early February 2023. It was funded by the NSW Department of Communities and Justice and is one of only four large projects to receive money as part of the Reducing Social Isolation for Seniors Round Three.

These gatherings have been held across the Bland Shire specifically for older residents living within village and rural communities. We have enjoyed many morning teas, shared many stories, enjoyed some fantastic local entertainment, captured many images and video's created a shire wide art project and produced a collection of 'favourite' recipes submitted by our participants who attended gatherings to share with the community.

The ultimate outcome of this 12 month project was to establish connections between community members as they share their stories about living within the Bland Shire.

This project has exceeded our expectations and has been very well received amongst our community.

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## **Real Lemonade**

1 Cup of Fresh Lemon Juice

1 Cup of White Sugar

7 Cups of Water

Mix & bottle.

ENJOY! *Ros Hewett—Mirrool*

## **Fruit Platter Dip**

Fruit: Watermelon, Honeydew Melon, Strawberries & Rockmelon

250g Cream Cheese

3 Tbsp Brown Sugar

3 Tbsp Tia Maria or Baileys

Beat together and serve with fruit.

*Mary Duncan—Ungarie*

## **Microwave White Sauce**

In a microwave safe jug or bowl, place 2 dessert spoons butter, microwave until completely melted. Stir in enough plain flour to make a thick paste and a pinch of salt for taste.

Cook in microwave for about 40 seconds, remove and gradually stir in milk with a whisk until thin and smooth.

Microwave on high for about 45 seconds then whisk well. Repeat this until sauce reaches consistency wanted.

Add grated cheese while hot and stir until melted into sauce if you want cheese sauce, or add other herbs such as parsley or onion.

Serve over corned meats, or vegetables as needed.

*Linda Stephenson—West Wyalong*

## **Sweet & Sour Sauce**

1 1/4 cups water

3/4 cup vinegar

6 Tbsp sugar

1 Tbsp tomato sauce

1/2 tsp ground ginger

Small tin pineapple pieces

1 green pepper (or onion)

1 Carrot diced

1 1/2 Tbsp cornflour

Combine all ingredients except for cornflour. Bring to the boil for 15 minutes. Add cornflour to thicken.

*Pam Brewer—Ungarie*

## **Babaganoush (Eggplant Dip)**

1 large Eggplant

3 Cloves garlic (raw, chopped finely)

1/2 cup olive oil

1 Tbsp tahini (optional/sesame seed paste)

Salt & Pepper

Juice of 1 lemon

1/2 cup finely chopped parsley

Cook eggplant in skin until soft then chop or blend. Can keep skin on, or scoop out flesh.

Add garlic, tahini, olive oil, lemon juice and parsley. Mix together and add salt and pepper to taste. Sprinkle with remaining parsley and serve with biscuits, flat breads or use as a sauce for chicken, fish or vege.

*Claire Devaney—Ungarie*

## **Lemon Cream**

### INGREDIENTS

250ml whipping cream

1/2 tin condensed milk

Juice of two lemons

### METHOD

Mix altogether until smooth. Put in fridge to set.

DELICIOUS! *Unknown contribution*

## **Pickled Eggs**

### INGREDIENTS

1 - 1 1/2 cup white vinegar

1 cup water

1 Tbsp granulated sugar

2 tsp pickling spice

1 tsp salt

12 boiled eggs (peeled)

### METHOD

Combine vinegar, water, sugar, pickling spice and salt in a small saucepan. Bring to the boil stirring frequently until sugar dissolves. Reduce heat to low, cover and simmer for 10 minutes. Place eggs in a jar with a sealed lid, pour over spice mixture. Seal and refrigerate for at least 2 days before eating.

*Jeanne—Barmedman*

## **Blue Jelly Cheesecake Slice**

### **INGREDIENTS**

250g block cream cheese

300m thickened cream

1 packet blue jelly crystals or any colour you wish

125g melted butter

Packet hundred and thousands biscuits

1/2 cup hot water

Flake to crumble over top

### **METHOD**

Place jelly crystals in bowl and pour over 1/2 cup boiling water, stir to dissolve the crystals, set aside. Crumble biscuits until fine and add the melted butter, mix well and press into prepared lined slice tin. Using an electric mixer, beat the cream cheese until smooth, then gradually add the cream, beating until smooth, carefully add the cooled jelly (not set) and mix until blended well. Pour over the biscuit base and place into the refrigerator. Break up flake and sprinkle over the top. Cut into squares.

*Vicki Harper—Barmedman*

## **Chocolate Slice**

2 cups SR flour

2 Tbsp Cocoa

1 1/2 cup coconut

125g margarine, melted

2 Eggs

Mix together, cook at 180°C for 15-20 minutes

*Kelly—Barmedman*

## Easy Crunch Slice (no refined sugar)

### BASE INGREDIENTS

70g coconut oil	Pinch salt
40g Cocoa	1 tsp Vanilla
180g Rice malt syrup	60g Rice bubbles

### METHOD

Line 7 1/2" tray. Melt coconut oil and add cocoa, rice syrup, vanilla and salt, cook on low heat for 2 minutes until smooth.

Add Rice Bubbles and stir in.

Pour into prepared tray and freeze for 10-15 minutes.

### TOPPING INGREDIENTS

2 tsp Coconut Oil	1 tsp Rice Malt Syrup
2 Tbsp Peanut Butter	

### METHOD

Melt Coconut oil, add peanut butter and rice syrup until combined. Drizzle over slice and freeze for 5 minutes.

Store in fridge.

*Anne Schubert—Barmedman*



## **Ginger Slice**

### INGREDIENTS

125g butter	1 egg
1 cup castor sugar	2 cups SR flour
1 cup milk	1/2 tsp ground ginger
1 cup finely chopped crystallised ginger	

### METHOD

Rub butter into flour, ground ginger and sugar until mixture is like breadcrumbs. Press half into a tray, beat egg into milk, stir in crystallised ginger and add to the remainder of the flour mix. Mix well, pour over base. Place mixture into a tray approximately 19 x 28cm. Bake in a moderate oven over 180°C for 30-40 minutes.

Ice with lemon icing.

*Lynette Leonarder—West Wyalong*

## **Date Slice**

### INGREDIENTS

2 cups SR flour	1 cup finely chopped seeded dates
1 cup brown sugar	1 egg beaten lightly
125g butter (softened)	1/2 cup milk

### METHOD

Grease 20cm x 30cm pan. Combine flour and sugar in a bowl, rub in butter. Press 1/2 flour mixture evenly over base of pan. Add dates to remaining flour mixture. Stir in combined egg and milk. Spread mixture over base.

Bake in moderate oven, 180°C for 30 minutes or until browned lightly.

Suitable freezing.

*J McKenzie—West Wyalong*

## **Lemon Marshmallow Slice**

### **BASE INGREDIENTS**

85g butter	40ml water
85g sugar	1/2 tsp vanilla
170g flour	

### **METHOD**

Cream butter, sugar and vanilla. Add water and beat well. Work in sifted flour and press into slice tin. Prick well and bake for 15-20 minutes in moderate oven.

### **FILLING INGREDIENTS**

350g water	28g cornflour
28g butter	1 1/2 cups sugar
28g custard powder	Juice of 2 lemons

### **METHOD**

Place sugar, water and juice in a saucepan. Add custard powder and cornflour and stir over heat until it boils and thickens. Cook for 2 minutes, remove from heat, add butter and stir. Put onto base, cover with marshmallow.

### **MARSHMALLOW INGREDIENTS**

1 cup water	1 Tbsp gelatine
1 cup sugar	

### **METHOD**

Put all in a saucepan and boil for 5 minutes. Avoid stirring after gelatine has melted. Let cool, then beat until it is thick and frothy. Pour over filling while still warm.

*Hilda Shepherd—West Wyalong*

## **Cherry Ripe Slice**

### **BASE INGREDIENTS**

1 cup plain flour  
1/2 cup icing sugar  
1 Tbsp Cocoa  
125g butter

### **METHOD**

Melt butter and mix with dry ingredients. Cook 10 minutes in slice tray.

### **FILLING INGREDIENTS**

1 tin condensed milk  
1 packet glace cherries  
1 cup coconut

### **METHOD**

Combine and spread over base. Cook 15-20 minutes and let cool.

### **ICING**

Spread with chocolate icing or melted chocolate and allow to set.

*Sue Jackson—West Wyalong*

## **No Bake Fruit Slice**

### **BASE INGREDIENTS**

1 pkt Marie biscuits, crushed  
4oz butter  
1/2 tin condensed milk

Mix together and press into slice tin. Set in fridge.

### **TOPPING INGREDIENTS**

1 cup coconut  
1 pkt melody mix fruit  
1/2 tin condensed milk

Mix together and press onto top of base. Sprinkle a little coconut on top. When set cut into slices.

*Anne Fairman—Mirrool*

## **Passionfruit Slice**

### **INGREDIENTS**

1 pkt vanilla cake mix

1 can condensed milk

100g butter, melted

1 tin passionfruit pulp

### **METHOD**

Preheat oven at 180°C, use wooden spoon and combine cake mix and butter, press into prepared tray.

Reduce oven to 150°C. Balloon whisk condensed milk and passionfruit pulp then pour over base.

Bake for 15 minutes or until just firm. Set aside to cool.

*Vicki Harper—Barmedman*

## **Passionfruit Slice**

### **INGREDIENTS**

1 cup SR flour

1 can condensed milk

1 cup coconut

45g passionfruit pulp

250g melted butter

### **METHOD**

Combine flour, coconut and melted butter. Press into a slice tin. Cook for 12 minutes at 180°C. Mix condensed milk and pulp together and pour over base.

Bake for 15 minutes.

*Tracey Bowen—Mirrool*

## Easy Fudge Slice

### INGREDIENTS

200gms melted butter	1 cup coconut
1 Tbsp golden syrup	2 cups SR flour
1 cup sugar	2 Tbsp Cocoa

### METHOD

Melt butter and golden syrup together. Add wet ingredients to dry ingredients. Put in lined slice tray and bake for 10-15 minutes at 180°C.

## Date & Macadamia Nut Slice

### INGREDIENTS

125g butter	1 cup SR flour
2 dessertspoons golden syrup	1 cup brown sugar
1 cup macadamia nuts, chopped	1 cup coconut
1 cup dates, chopped	

### METHOD

Melt butter and golden syrup. Mix dry ingredients and add melted butter and golden syrup. Put into 27 x 18cm slice tin (lined with baking paper) and bake in moderate oven for 15-20 minutes. Leave in tin to cool.

*Janette Schafer—West Wyalong*

## **Date & Walnut Slice**

### **INGREDIENTS**

1 cup brown sugar	1 cup chopped Dates
4oz margarine	2oz chopped walnuts
1 egg	1 cup SR flour

### **METHOD**

Melt brown sugar and margarine, cool a little add beaten egg, chopped dates and walnuts and flour. Put into a slice tin, cook 30 minutes in a moderate oven. This slice can be eaten plain, with a shake of icing sugar or with a lemon icing and decorate with walnut pieces.

*Helen Quade—Tallimba*

## **Lemon Slice**

### **INGREDIENTS**

1 pkt Morning Coffee biscuits	3/4 cup coconut
1 tin condensed milk	2oz cophia
1/2 cup lemon juice	

### **METHOD**

Place layer of greaseproof paper on bottom of tray. Place layer of biscuits on paper. Mix condensed milk, lemon juice and coconut. Melt cophia, add to ingredients and mix well. Place filling evenly over the biscuits and place another layer of biscuits on top.

Spread lemon icing on top and sprinkle with coconut. Refrigerate to set and cut into squares.

*Margaret Hartnell—West Wyalong*

## **Vanilla Slice**

### **INGREDIENTS**

2 sheets puff pastry	4 cups milk
3/4 cup cornflour	60g butter
1 cup sugar	2 egg yolks
1/2 cup custard powder	2 tsp vanilla

### **PASSIONFRUIT ICING INGREDIENTS**

1 1/2 cup icing sugar	1 passionfruit
1 tsp butter	1 tsp water

### **METHOD**

Cook pastry on ungreased tray. Bake in hot oven for 10 minutes until brown, flatten with hand.

Line baking tray with foil, place one piece of pastry on foil and flatten.

Combine sugar, cornflour and custard powder in saucepan and mix well. Blend with a little milk until smooth, stir in remaining milk and add butter. Stir mixture constantly over heat until custard boils and thickens. Reduce heat and simmer for 3 minutes.

Remove from heat, quickly stir in vanilla, then beaten egg yolks. Pour hot custard immediately over pastry in tin. Place remaining pastry on top so flattened side is on custard. Press pastry firmly with hand.

### **PASSIONFRUIT ICING METHOD**

Combine icing sugar, softened butter, passionfruit and water and beat well.

Spread evenly over vanilla slice once cooled and refrigerate to set.

*Pat Daly—Ungarie*

## Caramel Christmas Slice

### BASE INGREDIENTS

1 cup SR flour	1 tsp ground mixed spice
1 cup coconut	1/2 tsp ground cinnamon
1 cup brown sugar	125g butter, melted.

### FILLING INGREDIENTS

395g can sweetened condensed milk	2 Tbsp golden syrup
	30g butter, extra

### TOPPING INGREDIENTS

1/2 cup choc bits	1/2 cup slivered almonds
1/2 cup red glace cherries	1/2 cup sultanas

### METHOD

Preheat oven to 180°C. Combine flour, coconut, brown sugar, spices and butter in a bowl and press evenly into a baking paper lined 18 x 28cm tray. Bake for 10 minutes.

Combine sweetened condensed milk, golden syrup and extra butter in a saucepan, stir over heat until boiling and simmer for 5 minutes. Spread over base.

Sprinkle on top of caramel base the combined choc bits, cherries, almonds and sultanas. Bake a further 10-12 minutes, cool in pan and cut into slices.

*Mary Duncan—Ungarie*



## **Chocolate Fudge Slice**

### **INGREDIENTS**

2 cups coconut

1 cup sugar

2 cups SR flour

1 Tbsp cocoa

225g melted margarine

### **METHOD**

Mix all dry ingredients, melt margarine and add to dry ingredients, mix well. Press into tray and bake for 20 minutes in a moderate oven.

Ice with chocolate icing while still warm and sprinkle with coconut. Cut into squares.

*Pam Brewer—Ungarie*

## Mal's Scones

### INGREDIENTS

3 cups SR flour	3 Tbsp icing sugar
1 tsp cream of tartar	1 cup cream
1/4 tsp carb soda	1 cup milk

### METHOD

Sift all dry ingredients together and add cream and milk.

Glaze with a little milk and bake in a hot oven 190°C for 15 minutes or until Golden. You can add chopped dates, sultanas or spices as you prefer.

*"This recipe was given to me by a man in his 80's who cooked them for me and stated they were the 'World's Best Scones'".*

*Linda Stephenson—West Wyalong*

## Simone's Scones

### INGREDIENTS

3 1/2 cups SR flour	To serve:
1 cup thickened cream	Whipped cream
1 cup lemonade	jam

### METHOD

Preheat oven to 180°C. Line tray with baking paper. Combine flour, cream and lemonade in a bowl and mix until flour is mostly combined. Do not over mix. The dough should be soft and fairly sticky.

Turn out onto floured surface and knead gently, pat into a disc shape, 1" thick. Cut with 2.5" round cutter. Place on tray slightly touching and brush tops lightly with milk. Bake for 15 minutes or until golden on top. Place on rack to cool. Place tea towel over them to stop the tops from getting crusty and serve with whipped cream and jam.

*Simone Hall—Weethalle*

## **Never Fail Scones**

### **INGREDIENTS**

4 cups SR flour

1 cup lemonade

300ml thickened cream

### **METHOD**

Add SR flour to a bowl and make a well in the middle. Add cream and lemonade. Mix until just combined to make dough. Roll out to no more than 2cm thick. Cut with cutter and brush with milk. Bake for 20 minutes at 180°C until golden brown

*Jan Heffer—Ungarie*

## **Lemonade Scones**

### **INGREDIENTS**

3 cups SR flour

1 cup lemonade

1 cup cream

### **METHOD**

Stir with a knife but only to mix ingredients. Roll out to about 3/4 of an inch, cut to shape of scones and brush with milk. Place in oven at 220°C for 15 minutes. Can freeze and defrost in microwave for 30-40 seconds.

*Pat Wells—Barmedman*

## **Apricot Balls**

### **INGREDIENTS**

1 pkt dried apricots, chopped

3/4 tin condensed milk

1 cup coconut

Good slurp brandy

### **METHOD**

Soak apricots overnight in brandy, add other ingredients and mix well. Roll into balls and then roll in coconut. Refrigerate to set.

*Sue—Barmedman*

## **Rum Balls**

### INGREDIENTS

8 crushed Weetbix	1 cup sultanas
2-3 Tbsp sifted cocoa	1/2 cup coconut
1 tin condensed milk	3-4 Tbsp rum

### METHOD

Mix all ingredients together, roll into balls and then roll into coconut or chocolate dollars. Refrigerate to set.

*Sue—Barmedman*

## **Tove's Almond Biscuits**

### INGREDIENTS

1/2 kg margarine	250g Almonds (flaked)
375g sugar	1/2kg flour

### METHOD

Mix margarine, sugar, almonds and flour then set in small balls, use a fork to flatten. Bake in oven at 180°C.

*Tove Larsen—Ungarie*

## **Peanut Butter Cookies**

### INGREDIENTS

375g jar peanut butter	200g white chocolate or
1 cup castor sugar	100g choc and 100g chopped
1 egg	macadamia nuts

### METHOD

Combine peanut butter, sugar and egg in a bowl stir with wooden spoon until mixture thickens. Add choc and stir until well combined. Roll Tbsp into balls and place on prepared tray. Flatten with fork a little and bake for 12-15 minutes until golden.

*Janelle—Barmedman*

## **Cream Puffs**

### INGREDIENTS

2 tbs butter	1 cup hot water
1 cup SR flour	3 eggs

### METHOD

Boil water and butter. Stir in SR flour, remove from heat. Cool slightly. Beat in eggs one at a time. Put on baking tray in tsp fulls and cook at 100°C for approximately 1/2 hour.

*Joan Payne—West Wyalong*

## **Date and Ginger Loaf**

### INGREDIENTS

30g butter	1 tsp ground ginger
1 small cup brown sugar	2 Tbsp chopped ginger

### METHOD

Add all of the above to a bowl and pour over 1 cup boiling water and stir until melted, cool slightly. Stir in 1 3/4 cups SR flour and 1/4 tsp Carb soda.

Pour into a greased and bottom lined loaf tin and bake in moderate oven for approximately 40 minutes.

Serve plain or buttered. Freezes well.

*Shirley Clay—Barmedman*

## **Tut's Banana Bread**

Mash 3 bananas, add 1/2 cup sugar, 4 Tsp melted butter, 2 eggs, 1 Tsp baking powder and 1 1/2 cup flour and combine. Pour into loaf tin and bake for 1 hour or until cooked at 180°C.

*Tove Larsen—Ungarie*

## Sponge Cake

Before commencing I spray 2 recess tins with black and gold cooking spray and put them in the fridge.

### INGREDIENTS

5 fresh eggs at room temp	1 cup SR flour (not packed down)
Pinch of salt	Melt and boil 3/4 cup milk, 1 large Tbsp butter
1 cup sugar (normal)	

NB: for chocolate sponge, take out 2 Tbsp of flour and add 2 Tbsp cocoa.

### METHOD

Warm bowl and make sure it is dry as water will ruin the eggs. Beat eggs and salt to a creamy mixture (don't over beat). Add 1/2 cup of sugar gradually, beat and then add rest of sugar when other is dissolved. Beat until all sugar is dissolved. Sift flour 4-5 times and then fold into mixture. Add boiling milk and butter and fold in. Put into recess tins and lightly bump tin to release bubbles. Bake in moderate oven 180°C for 20 minutes.

*NOTE: This sponge can be made using 7 eggs with same quantity of ingredients, but use a larger tin 20 x 30cm tin and cook for 25 minutes.*

*Shirley Pilon—West Wyalong*

## Betty's Cake

### INGREDIENTS

4oz soft butter	1/2 cup milk
6oz SR flour	2 eggs
6 oz sugar	2 tblsp choc (cocoa)

### METHOD

Put all ingredients in a bowl together and beat for 6 minutes on speed 6. Cook in moderate oven for almost 1 hour.

*Margaret Lines*

## Simple Chocolate Cake

### INGREDIENTS

2 Tbsp butter	1/2 cup milk
2 Tbsp cocoa	2 eggs
1 cup SR flour	1/2 tsp vanilla
1 cup sugar	

### METHOD

Melt butter. Put all ingredients in a bowl and add butter. Put in a ring tin. Bake for 30 minutes at 180°c or until cooked. Very moist cake.

*Joan Payne—West Wyalong*

## Irish Teacake

### INGREDIENTS

2 1/3 cups (12oz/375g) currants or sultanas	2 cups SR flour
1 cup cold strong tea	1 egg
1 cup brown sugar	Butter for serving

### METHOD

In a bowl combine currants/sultanas, tea and sugar and leave overnight to soak. Preheat oven 180°c.

Butter a 23 x 10 x 8 cm baking pan and line with greaseproof paper.

Stir flour and egg into currant mixture and pour into prepared pan.

Bake cake for 1 1/2 hours, or until a skewer inserted in middle of cake comes out clean.

Allow cake to cool in the pan for 10 minutes before turning onto a wire rack to cool completely. Serve cake sliced and spread with butter.

*Margaret Hartnell—West Wyalong*

## **Chocolate Fruit Cake**

### **INGREDIENTS**

2 Tbsp instant coffee

2 cups SR flour

500ml hot water

100g fruit mix

150g block of fruit and nut  
chocolate, roughly chopped

### **METHOD**

Add coffee to water and mix well. In a large bowl place mixed fruit and pour over coffee and mix. Leave to soak overnight.

Preheat oven to 125°C, line 9" cake tin with paper.

Mix chocolate into fruit then add flour and stir until well combined.

Spoon thick mixture into prepared tin and place bottom 3rd of oven and cook for 2 1/2 hours.

*Vicki Harper—Barmedman*

## **Boiled Mango Fruit Cake**

### **INGREDIENTS**

425g can mango slices

2 beaten eggs

1/2 kilo mixed fruit

1 1/2 cups SR flour

### **METHOD**

Blend the mango, juice and all, pour over mixed fruit in a saucepan. Bring to the boil and simmer for about 5 minutes. Remove from heat and cool.

Mix beaten eggs into fruit mixture with a wooden spoon. Stir in flour, if the mix seems a bit dry add up to 1/2 cup of water or fruit juice.

Line springform cake tin with baking paper on the bottom and grease the sides. Pour in the cake mixture and cook for 1 hour at 160°C in a fan forced oven.

*Maureen Doolan—West Wyalong*



## **Diet Mango Fruit Cake**

### **INGREDIENTS**

425g tin mangoes	1 large cup SR flour
400g mixed dried fruit	2 eggs
1 1/2 tsp bi carb	2 Tbsp brandy

### **METHOD**

Place mangoes and syrup in a saucepan and slightly mash, add 2 Tbsps brandy, add mixed dried fruit. Bring to the boil and simmer for 5 minutes, stirring frequently.

When cool, stir in bi carb. Add beaten eggs and flour. Mix well. If the mixture does not seem the right consistency add more flour.

Pour mixture into a greased cake ring tin and cook for 50-60 minutes at 180°C.

*Vicki Harper—Barmedman*

## **4 Minute Fruit Cake**

### **INGREDIENTS**

2 cups SR flour	1/2 tsp mixed spice
1 cup sugar	1 cup milk
4oz margarine	1 packet mixed fruit
2 eggs	

### **METHOD**

Mix together for 4 minutes, cook 1 1/2 hours at 180°C.

*Tove Larsen—Ungarie*

## **Creamy Green Coleslaw**

### INGREDIENTS

100g snow peas sprouts  
6-8 snow peas, finely sliced  
1 sml Lebo cucumber, halved  
and finely sliced  
1/4 green cabbage, finely sliced  
2 sticks celery, finely sliced  
4 spring onions, finely sliced

### DRESSING

2 Tbsp honey  
1/4 cup mayo  
1 level teas Dijon mustard  
1 heaped Tbsp sour cream  
2 Tbsps lemon juice

### METHOD

Place all salad ingredients in a bowl. Place dressing ingredients in a jar with a lid, shake well and pour over salad just before serving.

*Vicki Harper—Barmedman*

## **Watermelon Salad**

### INGREDIENTS

1/2 diced watermelon  
Finely chopped mint  
Finely chopped small red onion  
Toss with balsamic vinegar to taste.

*Shirley Clay—Barmedman*

## **Watermelon Salad**

### INGREDIENTS

1/4 watermelon, dice into bite size pieces.  
1 cup of crumbled Feta cheese  
Mint (fresh) or basil cut finely and lime zest.  
Mix gently. Dress salad with lime juice and olive oil when serving.

*Robyn Sherd—Ungarie*

## **Creamy Rice**

### **INGREDIENTS**

300ml cream

1/2 cup castor sugar

2 cups full cream milk

1/2 cup Arborio Rice

Vanilla

### **METHOD**

Put all ingredients into slow cooker for 3 hours on low, stirring every hour. Sprinkle with nutmeg before serving.

*Vicki Barber—West Wyalong*

## **Salmon Sao Quiche**

### **INGREDIENTS**

1 sml jar cream

4-6 spring onions, chopped

6 Sao biscuits, crushed

1 cup grated cheese

220g tin salmon

Handful breadcrumbs

3 eggs

### **METHOD**

Mix all ingredients (except breadcrumbs) in a bowl. Pour into a greased pie or quiche dish. Dust with breadcrumbs. Bake in moderate oven for approximately 1/2 hour. Serve with salad.

*Vicki Harper—Barmedman*

# Cottage Pie

## INGREDIENTS

1 Tbsp oil	1 Tbsp Worcestershire sauce
500g mince beef	1 tsp mild curry powder
1 large onion finely chopped	1 Tbsp cornflour
1 red capsicum, finely chopped	2 tomatoes coarsely chopped
400ml beef stock	2 carrots finely diced
2 Tbsp tomato sauce	2 cloves garlic
1 Tbsp soy sauce	1 cup peas

## POTATO TOPPING

Potatoes	Milk
Salt	Grated Cheese
Butter	

## METHOD

Place potatoes in boiling lightly salted water, cook until tender. Drain and return to heat. Add butter and a little milk while mashing potatoes. Add some of grated cheese to mix. Make it to your own taste.

Heat oil in a pan and cook mince with onion, capsicum and garlic until evenly browned. Stir in stock, tomato sauce, soy sauce, Worcestershire sauce and curry powder. Add carrot and bring to the boil then simmer for 4-5 minutes. Mix cornflour with a little water to a smooth paste. Stir into meat mixture with tomatoes and peas. Cook until thick and season with salt and pepper.

Top with potatoes and sprinkle with grated cheese. Place in oven to brown on top.

*Linda Stephenson—West Wyalong*

## Easy Vegetable Pie

### INGREDIENTS

4 eggs

2 cups milk

1/2 cup plain flour

1/3 cup soft butter

Grated cheese

Grated carrot

Chopped onion

Chopped capsicum

Chopped bacon

Peas

Your choice of quantities of the above 6 items.

### METHOD

Slice 2 or more potatoes and place onto greased base of large pan (approximately 12ins x 8 ins). I usually do a double layer.

Beat eggs, milk and flour together well. Add vegies and cheese and pour all into pan. I decorate with breadcrumbs, sliced tomato, parsley, some grated cheese (or whatever takes your fancy) place dobs of butter on top and bake in moderate oven.

*Fay Dickson—Tallimba*

## Tuna Pie

### INGREDIENTS

Base:	Salt & Pepper to taste
90g melted butter	1 tsp mustard
1 1/2 cups crushed savoury biscuits	1 tin evaporated milk
Filling:	1 chopped onion
3 eggs	Small tin tuna
	3 chopped rashers bacon

### METHOD

Base: Mix and press into a pie dish, saving 2 tablespoons of mixture and bake for 10 minutes in oven at 180°C.

Filling: Combine all ingredients and spoon into crust. Sprinkle remaining base on top of filling and bake for 30 minutes at 180°C.

*Cherie McClintock—West Wyalong*

## Pumpkin Pie

### INGREDIENTS

1 Pie crust, bottom only	1/2 tsp salt
2 cups baked pumpkin, mashed and cooled	1 tsp cinnamon
1 1/2 cups heavy cream	1/2 tsp ground ginger
1/4 cup brown sugar	1/4 tsp nutmeg
1/2 cup white sugar	1/8 tsp cloves
	2 eggs

### METHOD

Blind bake pastry, prick well.

Mix filling together, beat egg and cream add rest of filling. Bake in moderate oven until set. Top with whipped cream.

Enjoy!

*Hilda Shepherd—West Wyalong* 30

## Savory Impossible Pie

### INGREDIENTS

4 eggs	2 cups milk
1/3 cup soft margarine	1/2 tsp salt
1/2 cup plain flour	1/4 tsp pepper

### METHOD

Put all ingredients into a blender and beat for 4-5 minutes.

Into a greased large (25cm) pie plate, place

1 diced onion or shallots

2 Bacon rashers, chopped and slightly cooked

3/4 cup grated cheese

Pour egg mixture over the onion, bacon and cheese, sprinkle with parsley or paprika.

Place in a preheated warm oven, 165°C for 1 hour or until the centre is firm. Let stand for 15-20 minutes.

Note: Can omit the onion and bacon and add a 250g can of tuna or asparagus.

Nice served with a tossed salad.

*Roz Trott—West Wyalong*

## **Tomato Bake**

### **INGREDIENTS**

Tomatoes

Salt & Pepper

Onion

Grated Cheese

Breadcrumbs

### **METHOD**

Layer sliced tomatoes in a dish. Layer sliced onion on top of tomatoes followed by breadcrumbs and salt and pepper. Continue to layer ingredients until dish is full, cover with grated cheese and cook in oven at 180°C until tomato and onion are cooked and cheese melted and slightly browned.

*Helen Quade—Tallimba*

## **Salmon Potato Bake**

In a casserole dish, layer a cup of cooked rice, a large tin of salmon and generous amount of white sauce. Add mashed potato on top.

Heat through then put in grill to brown the top. Grated cheese can be added to top if preferred.

*Vicki Harper—Barmedman*

## **Chicken Rice a Riso**

Cook rice as per instructions on packet.

Fry 4 rashers of diced bacon and add 4 scrambled eggs to pan. Stir in rice and serve.

*Vicki Harper—Barmedman*



## Low Salt Pizza

### INGREDIENTS

Base:	1 Tbsp flour extra
1 1/2 cups Plain flour	Topping:
1/2 tsp oregano	Tomato paste
1 Tbsp oil	Whatever other toppings you like
1 sachet yeast	

### METHOD

Preheat oven to 200°C. Mix warm water, yeast and sugar and set aside for 10 minutes. Sift flour and add oregano and oil to yeast mixture. Turn out and knead into shape. Spread paste and add toppings. Bake for 35 minutes.

Enjoy!

*Gayle Nielsen—Weethalle*

## Sticky Chicken

### INGREDIENTS

4 Tbsp honey	4 Tbsp wine vinegar
3 Tbsp soy sauce	1/2 cup cornflour to coat chicken
3 Tbsp tomato sauce	Dash of dry mustard
3 Tbsp BBQ sauce	Dash of paprika
Tobasco sauce to taste	Salt & Pepper to taste
1 clove garlic, crushed	Chicken drumettes (or wings)
1 orange, juiced and zest	

### METHOD

Coat chicken in cornflour and set aside. Mix all ingredients in a bowl, add the flavoured chicken and marinate for a few hours. Shallow fry to cook in frypan, serve with rice.

*Roz Bennett—Ungarie*

## **Thai Pumpkin Soup**

### **INGREDIENTS**

1 kg butternut pumpkin, peeled and diced  
1 1/4 cups (300ml) coconut cream  
1/4 cup chopped coriander  
2 Tbsp red curry paste

### **METHOD**

In a saucepan, cook the pumpkin and red curry paste until it starts to stick. Add the coconut cream and top with enough water to come level with the pumpkin and bring to the boil. Reduce to a simmer and cook until the pumpkin is soft and mushy. Transfer to a blender and puree until smooth. Season with sea salt and pepper to taste and fold in the coriander.

*Unknown*

## **Sausage Casserole**

### **INGREDIENTS**

1lb thick sausages  
1 onion sliced  
1 can tomato soup  
1 grated carrot  
1 tsp cayenne pepper  
1/2 cup hot water  
Salt to taste

### **METHOD**

Boil sausages for 2 minutes and set aside to cool, remove skin. Cut lengthwise and roll in flour, salt and pepper. Put in casserole dish, cover with carrot and onion. Mix soup and water together and pour over sausages.

Bake in moderate oven for 1 hour.

*Betty*

## **Noodle & Sausage Casserole**

### **INGREDIENTS**

500g thin sausages	Red & Green pepper or extra onion
2 Tbsp oil	
1/2 x 500g packet pasta twists	440g can baked beans
30g butter	Salt & Pepper
1 onion	1 tsp tomato paste
1 clove garlic	30g cheese
1 rasher bacon	2 Tbsp chopped parsley

### **METHOD**

Heat oil, add sausages and cook, drain on kitchen paper. Bring large saucepan of water to boil, add pasta and cook for 10 minutes and drain. Place in a bowl.

Melt butter in pan, add chopped onion, garlic and chopped bacon, cook, add red and green peppers or extra onion. Add beans, salt and pepper, tomato paste and sliced sausages. Mix well.

Combine pasta and sausage mixture, place in ovenproof dish, sprinkle with grated cheese and parsley.

Bake in moderate oven uncovered for 15 minutes or until heated through. Serves 4.

*Janice Mackenzie—Mirrool*

## **Honeycomb Ice Cream**

### **INGREDIENTS**

2 x 300ml tubs thickened cream	2 x 50g chocolate coated honeycomb bars, crushed
395g can sweetened condensed milk	Extra crushed chocolate coated honeycomb to decorate
tsp vanilla essence	

### **METHOD**

Beat cream in a large bowl with an electric mixer until soft peaks form. Stir in condensed milk and vanilla. Fold in honeycomb.

Spoon evenly into nine dishes (1/2 cup capacity) cover with plastic wrap and freeze overnight.

To serve, quickly dip dishes into a bowl of hot water for a few seconds. Invert ice cream onto serving plates and drizzle with Cottee's ice magic and decorate with extra crushed honeycomb.

Notes: You can make this dessert using your favourite chocolate or lollies.

You can double the mixture and make a large ice cream cake in a springform cake tin.

Ice cream can be made up to four days in advance.

*Amanda Stitt—West Wyalong*

## **Condensed Milk Ice Cream**

### **INGREDIENTS**

2 tsp vanilla extract	2 cups heavy cream
1 can condensed milk	

### **METHOD**

Combine all ingredients and freeze overnight.

*Unknown contribution—Ungarie*

## **Ice Cream**

### **INGREDIENTS**

2 cans evaporated milk

1 cup sugar

2 tsp vanilla

Pinch salt

2 tsp gelatine, dissolved in warm water

### **METHOD**

Beat salt, vanilla and milk at medium speed until ingredients triple in bulk. While still beating, add sugar followed by gelatine.

Place in container and freeze for several hours stirring occasionally.

*Pat Daly—Ungarie*

## **Honey Apple Pudding**

### **DIRECTIONS**

Cut 450-500gms Granny Smith Apples into chunks and place in bottom of a 20-30cm dish.

Mix 125g SR flour, 100g brown sugar, 100g melted butter, 1 egg, 200mls milk and 1/2 tsp of cinnamon together and pour over apples.

Mix 150mls hot water, 2 Tbsp honey and 100gms brown sugar in a bowl and pour over apple mix and sprinkle with a little extra brown sugar.

Bake for 45-50 minutes.

*Pam Brewer—Ungarie*

## **Microwave Butterscotch Pudding**

### **INGREDIENTS**

1 cup SR flour  
3/4 cup sugar  
2 Tbsp margarine or butter

1/2 cup milk  
1/2 tsp vanilla extract

### **METHOD**

Melt margarine/butter, add milk and dry ingredients and set aside in a deep pyrex dish.

### **SAUCE**

2 Tbsp golden syrup  
1 know (heaped tsp) butter

1 Tbsp brown sugar  
1 1/2 cups hot water

### **METHOD**

Mix together and dissolve in microwave (1 minute) or on stove until sugar is gone.

Pour over other ingredients in pyrex dish and cook in moderate oven (approximately 30 minutes) or microwave on high (10 minutes).

Note: sometimes I double the sauce mixture so as to have lots of sauce with ice cream or cream.

*Roz Trott—West Wyalong*

## **Quick Apple Pie**

Mix 1 packet of butter cake mix with 1 cup coconut and 125g melted margarine. Press into lamington tin and cook in moderate oven for 15 minutes. When cooked spread 1 large tin of pie apples onto base. Then drop 1 egg into a carton of sour cream and mix together with a knife. Spread over top of apple, sprinkle with cinnamon and bake in oven for 20-25 minutes.

*Joan Payne—West Wyalong*

## **Caramel Tart**

### **INGREDIENTS**

1 cup brown sugar	1 cup milk
1 Tbsp plain flour	1 Tbsp butter
2 egg yolks	vanilla

### **METHOD**

Blend sugar, flour and butter with milk and egg yolks and vanilla before all milk is added. Stir over heat until thick and creamy. Pour into pie case. Can be topped with meringue and baked until golden brown.

*Pam Brewer—Ungarie*

## **Brandy Alexander Pie**

### **INGREDIENTS**

1-2 sheets shortcrust pastry	1/2 cup milk
250g white marshmallows	1/4 cup warm water
1 Tbsp instant coffee powder	300ml whipped cream
4 Tbsp brandy	

### **METHOD**

Line 23cm fluted pie pan with pastry. Blind bake 15 mins at 200°C and allow to cool.

Filling: Combine marshmallows and milk in saucepan over low heat stirring occasionally. Dissolve coffee in water and stir into marshmallows. When mixture is smooth remove from heat and stir in brandy. Allow to cool. Fold in whipped cream and put into pastry case.

Refrigerate at least 3 hours before serving. Decorate with whipped cream and chocolate or strawberries.

*Bev—Barmedman*

## **Baileys Cheesecake**

### **BASE**

200g plain chocolate biscuits      125g butter (melted)  
(chocolate waffle)

### **FILLING**

500g cream cheese      400ml thickened cream  
3/4 cup sugar      3 Tbsp chocolate topping  
3 tsp gelatine      3 Tbsp Baileys liquor  
1/2 cup boiling water

### **METHOD**

For Base: process biscuits until they resemble breadcrumbs. Combine with melted butter—press crumb mixture into slice tray. Cook in oven for 5 minutes at 180°C. Cool ready to fill.

For Filling: Beat cream cheese and sugar until smooth and creamy. Dissolve gelatine in boiling water. Combine cream and chocolate topping and whip until thick. Combine cream cheese and cream mixtures. Stir through Baileys and gelatine. Mixture should be thick and creamy. Pour mixture over cooled base and refrigerate for 2-3 hours until set.

To decorate, before set, pour a fine line of chocolate topping over top and pull a skewer lightly through in figure eight pattern.

*Mary Duncan—Ungarie*



## **Impossible Pie**

### INGREDIENTS

4 eggs	1 cup coconut
1/2 cup margarine	1 cup sugar
2 cups milk	2 tsp vanilla
1/2 cup plain flour	

### METHOD

Blend all ingredients together in food processor, pour into 10" pie plate and bake at 180°C until centre is firm.

The flour settles to form the crust, the eggs make the custard and the coconut makes the topping.

When cold, top with fresh cream and whatever fruit is in season.

Refrigerate.

*Margaret Hartnell—West Wyalong*

# Banoffee Pie

## INGREDIENTS

Crust:	395g can sweetened condensed milk
280g Marie or digestive biscuits	125g butter
150g butter, melted	Filling:
Toffee sauce:	1 1/4 cups cream
1/2 cup (packed) dark brown sugar	5 small ripe bananas (about 750g total)

## METHOD

To form the crust, line bottom of a 22-23cm springform pan with baking paper. Chop the biscuits in a food processor until they are finely ground. Pour the melted butter over the crumbs and process to blend well. The crumbs should stick together when pressed. Press the crumb mixture over the bottom and 3 1/2cm up the sides of the springform pan. Refrigerate.

To make the toffee sauce, combine the brown sugar and 2 Tbsp water in a medium size heavy saucepan. Stir over medium heat until the sugar dissolves. Raise the heat and boil without stirring, occasionally swirling the pan and brushing down the sides with a pastry brush dipped into water, until the syrup is a deep amber colour, about 5 minutes. Stir in the condensed milk and butter. Continue stirring for 5 minutes or until the sauce thickens slightly.

Remove the toffee sauce from the heat and spread 1 cup of the sauce over the prepared crust. Refrigerate for about 1 hour or until the toffee is semi-firm. Keep the remaining toffee sauce at room temperature.

To fill the pie, using an electric mixer, beat the cream in a large bowl until thick and very soft billowy peaks form. Slice 3 of the bananas into very thin disks. Fold the sliced bananas into the softly whipped cream, and spoon the filling into the prepared pie crust.

Slice the 2 bananas, and arrange the slices decoratively across the pie. Rewarm the remaining toffee sauce gently on low heat. Drizzle some of the sauce decoratively over the pie. (If the sauce has thickened too much to drizzle, stir in a few Tbsp of milk into it). Cut the pie into wedges, and transfer them to plates. Drizzle each pie wedge with more sauce and serve.

*Irene Jones—Tallimba*

## **Pineapple Fluff Sweet**

### **INGREDIENTS**

1 Tin crushed pineapple

1 Tin carnation milk

1 Lemon Jelly

### **METHOD**

Chill carnation milk, drain pineapple. Dissolve jelly in pineapple juice and chill. Beat milk until thick.

Mix altogether and put in fridge until set.

*Joan McKenzie—West Wyalong*

Bland Shire Council would like to thank the NSW Government, Department of Communities and Justice for the much needed funding provided to assist with the reduction of social isolation amongst our Senior Community Members.

Thank you to all venues, caterers, volunteers, entertainers, staff and participants of this well received program.



**Communities  
& Justice**

